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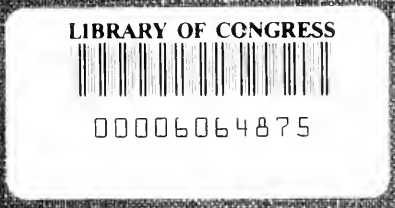

Twentieth Century Club

WAR TIME

COOK BOOK

PITTSBURGH
PIERPONT, SIVITER & CO.
1918

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of Pittsburgh

APR 29 1918

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DEDICATED TO

MRS. WILLIAM WATSON SMITH

PRESIDENT OF THE

TWENTIETH CENTURY CLUB

BY THE

COOK BOOK COMMITTEE

1918

The women of Pennsylvania and the American Nation have contributed much and have sacrificed much to help win the war that is being waged to guarantee the safety of American homes and permanency of American institutions, but more will be demanded before we can hope for victory, as much perhaps as has been demanded in England and France where the women of gentle birth are working in the fields and factories to relieve men needed at the front. When our crisis comes, the patriotism of American women will prove them equally worthy of the sons and brothers who are fighting and dying to keep them safe; but for the immediate present there is no more important war activity in which women may engage than the careful conservation of our food supply which is altogether inadequate to the needs of our own men and our allies at the fighting front unless we drastically modify our own use of such exportable staples as wheat, meat, sugar and animal fats. This is one of the ways by which our patriotic women may put love of country above all personal consideration.

HOWARD HEINZ,
Federal Food Administrator of Pennsylvania.

A nation in war assumes for its women burdens just as great as those borne by its men. She is called into workshops, offices, and to the farm to do the work of the husband or son who is taken to bear arms in behalf of his country. She follows the army to care for the wounded and give comfort to the dying. Nowhere is her service more effective and indispensable in such critical times than in the conservation and scientific planning of the food we eat.

A serious shortage of food is one of the sure results of war. In this war we are called upon not only to feed our own people, but we have assumed the responsibility of providing that which is needed to be added to the greatly depleted supply of those engaged with us in the war.

Our country possesses the most bountiful variety of foodstuffs. To us our allies turn—on the verge of starvation. Of our bounty we must so choose as to release for use abroad the urgently needed concentrated foodstuffs. The choosing is the task and privilege of our devoted women.

I commend, therefore, the use of the conservation recipes in this book and urge that in the other recipes a careful scientific substitution be practiced, at least in the present world emergency. By so doing you will furnish food for many an empty mouth and shivering body.

W. D. GEORGE,
Federal Food Administrator for Allegheny County.
March 30, 1918.

Today one rarely hears it said that "A woman's place is in the home," for if the women of England and France had practiced this old adage, the war would already be lost. However, there is no doubt that a woman's war work, whatever form it may take, should commence in the home, in conserving the health of her children, and conserving those foodstuffs which are most needed by our soldiers and allies. No matter how many days a week American women may give to selling Liberty Bonds or war saving stamps, to making bandages, sweaters or socks, their efforts will be in vain, if they have not done their part toward feeding those who fight for them. The time has passed when we can plead ignorance of the demands of the Food Administration, and I think the time will come when the woman who, through laziness or selfishness, fails to obey those demands, will be considered (and rightly) just as much of a "slacker" as the man who tries to evade the call for service.

Much has been done by the women of Pittsburgh during the first year of the war, but far more must be done before we shall have won the war. The time is at hand when the great question for each of us must be, "How can I order my life today that I may be of service in shortening this conflict?" How can I arrange my meals and manage my household so that I am using only such amounts of wheat, meat, sugar and animal fats as are a bare necessity?" To such a task we may well dedicate ourselves on this, the anniversary of our entrance into the war.

MRS. ALEXANDER J. BARRON,

Director of Food Conservation for Allegheny Co. Woman's Committee, Council of National Defense.

April 6, 1918.

A RECIPE FOR GOOD HUMOR.

"Take twenty-four hours; mix thoroughly with the milk of human kindness; add spice of life to suit taste, a little discretion, some common sense; knead with the hand of friendship and bake in the open hearth of love; do not allow it to cool too quickly by trouble, or become sour by affliction; serve with generous sauce and a bright smile."

THE · NET · PROCEEDS · FROM
THE · SALE · OF · THIS · BOOK
ARE · FOR · THE

WAR WORK OF THE CLUB

PLEASE · DO · NOT · LEND · IT,
BUT · ASK · YOUR · FRIENDS
TO · BUY · ONE

It is suggested that as far as possible the butter, sugar, animal fat and wheat given in these recipes be changed to war time substitutes.

The Cook Book Committee.

WE MUST SUBSTITUTE.

WHEAT	Corn
	Tapioca
	Oats
	Barley
	Rye
	Rice
	Potato
BUTTER LARD	Cottonseed Oil
	Wesson Oil
	Mazola
	Peanut Oil
	Drippings
	Nut Margarine
SUGAR	Molasses
	Honey
	Syrups—Corn and Maple
BEEF PORK MUTTON	Poultry
	Beans
	Eggs
	Cheese
	Nuts
	Fish
	Milk

Breads

GENERAL SUGGESTIONS FOR THESE BREADS

Use Molasses in Rolled Oats Bread to save sugar.

Use hardened vegetable fat to save the butter, lard and lard substitutes needed abroad.

Use ¼ cake yeast when bread rises overnight

Use ½ cake yeast when bread must be mixed, put to rise and baked in six hours.

Fill greased pans a little less than ½ full.

Bake in moderately hot oven—turn pan around after 5 minutes to prevent uneven shape.

Use these breads in turn to give variety to your table.

If possible buy skimmed milk for use in baking and cooking.

U. S. FOOD ADMINISTRATION,
ALLEGHENY COUNTY.

CORN AND FLOUR BREAD

1 cup of cornmeal and white flour
1 quart of water
2 teaspoons salt
½ cup molasses
1 tablespoon lard
1 cake yeast (magic preferred) soaked in ½ cup of warm water

Mix cornmeal, water and salt together, making mush, and cook until very soft.

Add other ingredients, making a stiff dough of white flour. In the morning work the dough again before baking bread.

(Mrs. Eugene L. Messler.)

CRACKLING CORN BREAD

2 cups cornmeal
1½ cups milk
2 teaspoons Royal baking powder,
pinch of salt
½ cup bacon cut in small pieces.
Bake 30 minutes

(Mrs. J. M. Thorne)

CORN BREAD WITH MILK AND EGG

½ cup white cornmeal
½ cup yellow cornmeal
1 cup flour
1 cup milk
1 egg
1 tablespoon Crisco, melted
1 tablespoon sugar
1 rounded teaspoon salt
3 teaspoons baking powder

Bring cup of milk to a boil and pour over the cornmeal and salt; stir well and let stand ½ hour before stirring in the rest. Pour into a large pan and bake about 30 minutes in a moderate oven. (Mrs. P. J. Eaton)

CORN BREAD, Without Milk

2 cups white cornmeal
2½ cups boiling water
2 eggs
1 tablespoon butter
¾ teaspoon baking powder
1 teaspoon salt

Put the cornmeal in a bowl, make a hole in the center and add the salt and butter. Pour ¾ cup boiling water over the butter and stir until it is melted. Then add ¾ cup boiling water and stir it well into the meal. Add a full cup boiling water, and when well mixed add the eggs, beating in one at a time; add baking powder and bake immediately.
(Mrs. S. B. Ely)

CORN BREAD Without Milk and Eggs

2 cups white cornmeal
2 level teaspoons salt
2 cups boiling water
2 cups cold water

Scald meal and salt with boiling water and add cold water slowly; beat well and let stand over night. Bake 1 hour in a moderate oven. (Mrs. Benjamin McKeen)

BATTER BREAD

1 pint sweet milk
1 pint cornmeal
2 eggs
salt
teaspoon lard

Make mush with meal and hot water, cook a few minutes; thin with milk; melt lard in pan for baking; pour in the batter; add eggs well beaten last. (Mrs. F. R. Babcock)

SPOON BREAD

1 quart milk
1 cup cornmeal
2 eggs
1 tablespoon melted butter
1 tablespoon baking powder
salt

Beat eggs, add milk, melted butter, salt, cornmeal and baking powder. Bake in moderate oven. This is soft when baked and served with a spoon. (Mrs. A. G. Mitchell)

Buy beef suet and render it carefully. You can use it in place of butter in making cake, bread and pastry and for frying.

WAR BREAD

2 yeast cakes dissolved in ½ cup luke warm water, 1 teaspoon sugar.

Let them stand in warm place till light.

2 oz. lard.
½ cup sugar or Karo syrup
4 level teaspoons salt
2 cups hot water
1½ cups cold water

Mix lard and hot water, add sugar, salt, and last, cold water.

When yeast is foaming, beat these together and add:

2 cups cornmeal
6 cups bran
11 cups white flour sifted together

Knead well and when light make into loaves. When double in size, bake 45 minutes.

(Can use 3 cups cornmeal and 10 of flour.)

(Mrs. Wm. Thaw, Sr.)

SPOON CORN BREAD

1 cup cornmeal
2 cups boiling water
½ teaspoon salt

Boil 2 hours in double boiler. Take from fire and add

1 cup milk
1 egg beaten very light
Lump of butter size of a walnut

Beat mixture very light and put in a baking dish. Bake ½ hour. Serve as a vegetable. (Mrs. George L. Clifford)

OATMEAL BREAD

4 cups of uncooked rolled oats (loose, not in pkg.)
6 cups of boiling water
2 tablespoons Crisco
2 tablespoons of salt
¾ cups molasses
1 yeast cake (dissolved)
2½ to 3 qts. flour

Pour the boiling water over the rolled oats, adding the Crisco and salt. Let cool. Add (when luke warm) molasses and yeast cake which has been dissolved in a little luke warm water. Add flour enough to make stiff (usually 2½ to 3 qts.) Stir it well. Put to rise over night. Put in pans in the morning without adding flour or kneading and let rise for about 3 hours. Bake for one hour.

This makes five loaves, or four loaves and muffins.

Use every crumb of stale bread. You will find a number of recipes in this book to help you.

BOSTON BROWN BREAD

1 cup rye meal
2 cups cornmeal
1 teaspoon soda
¼ cup molasses
¼ teaspoon salt
1 cup sour milk
raisins

Put into tightly covered mold which has been greased. Steam over 6 hours. Dry in oven a few minutes and serve, cutting loaf across mold.

OATMEAL BREAD

1 cup liquid
¼-½ cake yeast
1½ cups oatmeal
2-3 cups wheat flour
1 tablespoon sugar or 3 tablespoons Karo Corn Syrup or Molasses
1 teaspoon salt
1 tablespoon fat

Heat liquid to boiling and with it scald the oatmeal.

Allow to cool, and proceed making batter as for ordinary bread sponge.

Makes 13 oz. loaf, costs 9c.

(Miss Pope)

BUTTERMILK BROWN BREAD

¾ cup molasses
2 large cups buttermilk
1 level teaspoon of soda dissolved in
1 tablespoon hot water
½ teaspoon of salt
1 cup of graham flour
¾ cup of rye flour
2 cups cornmeal
1 large tablespoon white flour
1 tablespoon melted butter

Stir together and beat well. Steam 3 or 4 hours in well buttered can.

Remove cover of can and place in oven about 5 minutes to dry off.

(Miss Clara Johnson)

BOSTON BROWN BREAD Without Milk

1 cup cornmeal
1 cup rye meal
1 cup white flour
1 cup molasses
1 pint hot water
1 teaspoon soda
salt

Mix dry ingredients together, steam 3 hours in an air-tight mold. Dry in oven half an hour.

(Mrs. Chester B. Albree)

BOSTON BROWN BREAD

1 cup cornmeal
1 cup rye
1 cup white flour
¾ cup molasses
1 teaspoon salt
1 heaping teaspoon soda
1 pint sour milk

Mix thoroughly the first five ingredients. Beat soda into the milk and add to mixture, making a thin batter as for cake, adding more milk if necessary. Steam for 4 hours.

(Mrs. George E. House)

Cut your bread at the table as it is wanted.

BARLEY BREAD

1 1/6 cups barley flour
1/8 to 1/4 cake yeast softened in
1/4 cup lukewarm water
1 cup liquid
1 teaspoon salt
2 1/3 cups white flour

Scald the liquid, cool to lukewarm, add the salt, the softened yeast and half the flour, beat thoroughly, cover and let rise until very light. Then add the remainder of the flour. Knead, cover and let rise until double in bulk. Shape into a loaf, cover and let rise again until double in bulk. Bake.

(War Food Bureau, Baltimore)

BRAN BREAD (One Loaf)

1 1/4 cups liquid
1/4 to 1/2 yeast cake softened in 1/4 cup lukewarm water
1 1/2 teaspoons salt
2 tablespoons molasses
1 tablespoon fat
1 cup bran
3 cups wheat flour (more or less)

Scald liquid, pour over salt, molasses and fat. When lukewarm add softened yeast. Beat well. Add bran and enough flour to make sponge. Let stand till light and foamy. Then add enough more flour to make a dough. Knead until smooth and elastic. Let rise till slightly more than double in bulk. Shape into a loaf. When a little more than twice its original size, bake from 50 minutes to 1 hour.

Note—Not so high in nutritive value as other breads, but has a special value owing to its laxative effect.

(The Pennsylvania State College)

HOMINY BREAD (With Wheat Flour and Potatoes (Three Loaves) (From the Club Messenger)

1 1/2 cups cooked hominy
1/2 cup potatoes
1 tablespoon fat
1 1/2 teaspoons salt
1 tablespoon sugar
1 yeast cake
8 cups flour (more or less)

Cook together the cooked hominy and potatoes until the potatoes are tender. Put through a colander or potato ricer. Add the salt, sugar, fat, and enough water to make four cups, and when lukewarm, the yeast softened in a small amount of the liquid. Add enough wheat flour to make a sponge. Let stand till light and foamy. Add flour to make a dough. Knead until smooth and elastic. Let rise till slightly more than double in bulk. Shape into loaves. When a little more than twice the original size, bake about 1 hour.

(The Pennsylvania State College)

Do not serve new bread—one eats more than is necessary.

PRUNE BREAD

Take 2 dozen prunes, wash well, just cover with water and let stand over night. Cook in same water. Thoroughly cool and remove pits. Chop fine.

Mix:
- ¾ cups Dr. Johnston's Educator Bran
- 2 cups Franklin Milk Whole Wheat Flour
- 1 scant teaspoon salt

Add prunes

Mix:
- 1 cup molasses
- 1 teaspoon soda, beat together
- 2 cups fluid, sweet milk and prune juice together

Mix all together. Bake in small loaves in moderate oven 1 hour or more.

NUT AND RAISIN BREAD

- 2 cups pastry flour
- 1 cup graham flour
- 1 teaspoon salt
- 3 slightly rounding teaspoons baking powder
- 1 egg
- ½ cup molasses
- 1 cup thick sour milk
- ½ teaspoon soda, scant and measured level.
- ½ cup nut meats, chopped
- ½ cup raisins, chopped

Sift together the dry ingredients, put the soda in the sour milk and beat thoroughly; add the molasses, beaten egg and stir into the dry ingredients. Stir in nuts and raisins and turn into a greased breadpan. Let stand 15 minutes, then bake about 45 minutes.

(Mrs. Chester B. Albree)

NUT BREAD

- ½ cup cornmeal
- ½ teaspoon salt
- 1 level tsp. vegetable fat
- ½ cup boiling water
- 1½ cups rye flour
- 4 teaspoons baking powder
- ¾ cup milk
- ½ cup chopped nuts

Put cornmeal into a bowl, add salt, fat and boiling water, mix; let stand 20 minutes. Add flour mixed with baking powder and the milk and lastly the chopped nuts. Mix lightly, pour into a well-greased bread pan; let stand in a warm place 20 minutes. Bake in a moderately hot oven. Do not cut until cold.

SPIDER BREAD

- 1½ cups flour
- 1 pint boiled hominy
- ½ pint milk
- 1 tablespoon salt
- ½ teaspoon lard
- ½ teaspoon butter
- 2 teaspoons baking powder
- 1 egg

Bake in shallow tins about half inch thick.

Instead of hot cakes for breakfast, use your stale bread, cut in thin slices, toasted and dipped quickly in boiling water, buttered, add a spoonful of honey on top. Serve immediately. Can be best done at the table with water over an electric plate.

POTATO BREAD

1½ cups mashed potatoes
½ cup liquid including water in which yeast is softened
¼ to 1 yeast cake
4 cups flour (more or less)
1½ teaspoon salt
1 tablespoon fat
1 tablespoon sugar

Add salt, fat and sugar to mashed potatoes. When lukewarm add liquid, also lukewarm, in which yeast has been softened. Mix with enough flour to make a sponge. Let rise till light and foamy, add enough more flour to make a dough. Knead till smooth and elastic. Let rise till slightly more than double in bulk. Shape into a loaf. When a little more than twice its original size, bake for about 1 hour.

(The Pennsylvania State College)

RICE BREAD (One Loaf)

1 cup steamed rice cooked very soft
½ cup liquid
¼ to ½ yeast cake
1½ teaspoons salt
½ tablespoon sugar
½ tablespoon fat
3 cups flour (more or less)

Scald liquid, then cool to lukewarm. Soften yeast in this. Add to rice with salt, sugar and fat. Beat well, add flour gradually till stiff enough to knead. Knead till very smooth and elastic. Let rise till slightly more than double in bulk. Shape into a loaf. When a little more than twice its original size, bake from 50 minutes to 1 hour.

(The Pennsylvania State College)

GRAHAM GEMS With Sour or Butter Milk

1¼ cups graham flour
¾ cup flour
3 tablespoons melted butter
1 egg
Generous pinch of salt
1 cup sour, or butter milk
½ teaspoon soda in milk
½ tablespoon sugar

Bake in gem pans in moderate oven. Makes 1 dozen.

WAR-TIME ECONOMY.

1. Choose food wisely.
2. Store it properly.
3. Cook it carefully.
4. Serve it attractively.

Don't give the new dishes a black eye by having too many of them at once. Use all the ingenuity you have to make them both taste and look well.

Food habits, like other habits, are not easily changed. Lead gently into the new realm.

RYE BREAD (One Loaf)

1 cup liquid
¼ to ½ yeast cake softened in ⅓ cup luke warm water
1½ teaspoons salt
1 cup rye flour
1 tablespoon sugar or 2 tablespoons molasses
1 tablespoon fat
3 cups wheat flour (more or less)

Scald liquid, pour over salt, sugar and fat. When luke-warm add softened yeast. Beat well. Add flour to make a sponge. Let rise till light and foamy. Then add remaining flour to make a dough. Knead until smooth and elastic. Let rise till slightly more than double in bulk. Shape into a loaf. When a little more than twice its original size, bake from 50 minutes to 1 hour.

(The Pennsylvania State College)

CORN MUFFINS

2 cups cornmeal
1 cup flour
3 eggs (2 will do—use a little more milk)
½ cup shortening
½ cup sugar
1 cup sweet milk
1 teaspoon salt
3 teaspoons baking powder

Bake 15 minutes in moderate oven in gem pans.

(Anna Dake McCague)

PEANUT BUTTER BREAD OR MUFFINS

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
⅓ cup sugar
½ cup peanut butter mixed with ¾ cup milk
1 egg
1 teaspoon shortening

Bake bread 40 minutes. Bake muffins 12 to 15 minutes.

"EDUCATOR" BRAN MUFFINS

1 cup Porto Rico molasses
1 cup "Educator" bran flour
1 cup white flour
1 cup sweet milk
½ teaspoon baking soda, dissolved in a little hot water.

First, mix the two flours together; then add soda; last, mix the molasses and sweet milk together. Mix all together.

(Mrs. Frederick R. Babcock)

Make your own peanut meal. Hull the peanuts and remove the thin red skin, place on thick parafine paper and crush fine with rolling pin.

BUCKWHEAT MUFFINS

1 cup wheat flour
1 cup buckwheat
4 teaspoons baking powder
¾ teaspoon salt
1¾ cup milk
1 egg
1 tablespoon melted fat
2 tablespoons molasses

Sift together dry ingredients. Combine milk, beaten eggs, melted fat and molasses. Add liquid and dry ingredients. Mix well. Bake half an hour in moderate oven. Makes 10 or 12.

(Mrs. Mortimer C. Miller)

BUCKWHEAT BUNS

1 cake yeast in ¼ cup water
1 cup milk
1 tablespoon fat
½ teaspoon salt
1 tablespoon sugar or molasses
1½ cup buckwheat
1½ cup white cornmeal
1 cup wheat flour

Beat well, let stand till light, about 3 hours. Beat again. Put in muffin pans. Raise at least 2 hours, until very light. Bake quickly.

(Mrs. Fletcher Collins)

BIRD'S NEST

Bird's Nests are made for any kind of hot rolls, from yeast bread dough, rye, wheat, oatmeal, etc. Take a small amount and roll about the thickness of your thumb and 6 inches long. Tie in a single knot, making head of one end and tail of the other. The tail can be marked with a fork and the beak formed into shape with the fingers.

Let rise and bake as any other hot rolls.

GRAHAM MUFFINS WITH SWEET MILK

1 cup white flour
1 cup graham flour
1 tablespoon butter
½ teaspoon sugar
¼ teaspoon salt
1 teaspoon baking powder
1 egg
1 scant cup sweet milk

Rub butter into flour; add dry ingredients, mix well. Beat the egg, put it into a measuring-cup and fill with milk. Stir this into the flour; when thoroughly mixed fill buttered gem pans and bake in a quick oven until golden brown. This batter is very stiff and the top of the muffin when baked should be rough.

Avoid:
1. Sweet soft drinks.
2. Leaving sugar in coffee cups.
3. Frosting on cake unless made with honey or maple syrup.
4. As much cake as formerly.

BERKSHIRE MUFFINS

½ cup cornmeal
½ cup cooked rice
½ cup flour
2 tablespoons sugar
⅔ cup scalded milk
½ teaspoon salt
1 egg
1 tablespoon melted fat
3 tablespoons baking powder

Turn milk on to cornmeal and let stand 5 minutes; add rice and flour which has been sifted with salt and baking powder. Add egg yolk, fat, and beaten white. Cook 20 to 30 minutes in moderate oven.

GRAHAM MUFFINS

1 cup graham flour
1 cup white flour
1 teaspoonful salt
3 teaspoonsful baking powder
1 tablespoon sugar
2 tablespoonsful melted butter
1 egg
1 cup milk

Sift the dry ingredients together, except the graham flour; then add the graham flour. Then add the milk, egg yolk without beating, melted butter and beat well. Then fold in the stiffly beaten white of egg. Bake in a moderate oven about 20 minutes. (Mrs. Wm. Watson Smith)

BRAN AND GRAHAM MUFFINS

1 cup bran
2 cups graham or wheat flour
4 teaspoons baking powder
1 scant teaspoon salt
1 cup sweet milk
⅓ cup melted butter
1 tablespoon brown sugar

(Mrs. George Pearson)

BRAN GEMS

2 well beaten eggs
4 tablespoons molasses
1 cup milk
2 heaping tsp baking powder
⅔ teaspoons salt
2 tablespoons melted butter
1 cup war flour
2 cups Kellogg's bran
1 cup seedless raisins

Mix in order given and bake in hot gem pans. Quantity given makes fourteen gems.

(Mrs. W. W. Wishart)

BRAN MUFFINS Without Eggs

½ cup flour
1½ cups milk
1 teaspoon salt
2 cups bran
1 level teaspoon soda
½ cup molasses

Mix dry ingredients, then add wet. Put in muffin pans. Bake 45 minutes.

(Mrs. A. K. Grubbs)

Cold rice can be added to muffins, cornbread, or griddle cakes, adding to their lightness, digestibility and food value.

HOT CROSS BUNS

1 cup scalded milk
¼ cup sugar
3 cups flour
¼ cup currants
1 egg
¾ teaspoon cinnamon
½ teaspoon salt
2 tablespoons butter
½ yeast cake dissolved in ¼ cup lukewarm water

Add butter, sugar and salt to milk; when lukewarm add dissolved yeast cake, cinnamon and egg well beaten. When thoroughly mixed, add raisins; cover and let rise over night; in the morning form in large cakes or biscuits, place in pans one inch apart, let rise, brush over with egg and bake 20 minutes. When cool, make cross with frosting on each cake.

(Mrs. Wm. H. Latshaw)

PLAIN MUFFINS

1 tablespoon butter
1 tablespoon sugar
1 egg
pinch salt
1 cup sweet milk
2 cups flour, sifted
2 teaspoons baking powder

Bake in gem pans in moderate oven. Makes 1 dozen.

PARKER HOUSE ROLLS

1 pint flour (sifted twice)
1 small pint cornmeal (scalded in hard boiling water)
½ pint cold boiled milk
¼ cake yeast
1 even teaspoon sugar
1 even tablespoon lard
salt

Mix flour and lard together. Make hole in center and add the cornmeal. Make hole in center of cornmeal and pour in milk, yeast and sugar. Let stand over night without mixing. In morning knead and let rise 3 hours.

Work into rolls, making 3 dozen. Let rise again until about 3 times their size, and bake in hot oven 20 minutes.

(Miss Bissell)

BLUEBERRY MUFFINS

1 tablespoon butter or Crisco
1 egg
½ cup sugar
½ cup milk
2 cups flour
2 tsp Royal baking powder
1 cup berries

(Mrs. H. A. Ross)

RICE CAKES

1 cup cold boiled rice
3 or 4 egg whites
1 scant tablespoon flour
Season with salt

Beat whites until very stiff; fold in the flour and rice. Bake on a soapstone griddle. Serve with butter, sugar and cinnamon

(Mrs. Wm. Watson Smith)

Instead of having hot cakes for breakfast, serve them as a luncheon dessert.

MUFFINS

Take out one-fifth of dough when moulding the loaves and add 1 tablespoon Crisco and put it into gem pans. Let it rise and bake when light enough.

(Mrs. P. J. Eaton)

RICE MUFFINS

2¼	cups flour	5	teaspoons baking powder
¾	cup hot cooked rice	2	teaspoons sugar
1	cup milk	2	tablespoons melted butter
1	egg	½	teaspoon salt

Mix and sift dry ingredients; add ½ the milk and the egg well beaten. The remainder of the milk mix with the rice; beat well and add melted butter. Bake in gem pans.

(Mrs. P. J. Eaton)

Other cooked cereals or mashed potatoes may be used in this recipe. If the dough is too soft, add a little more flour; if too thick, a little more liquid.

CORN DODGERS

2 cups cornmeal	Pinch salt
1 pint cold water	2 tsp. Royal baking powder

Bake on griddle. These are excellent served with fish.

(Mrs. S. R. Gallagher)

RICE FLOUR MUFFINS

1 pint rice flour	3 teaspoons baking powder
3 tablespoons lard	1 teaspoon salt
2 tablespoons sugar	2 eggs

Milk to make a moderately stiff batter.

(Mrs. James R. Mactarlane)

"GO BACK TO THE SIMPLE LIFE."

Be contented with simple food, simple pleasures, simple clothes. Work hard, pray hard, play hard. Work, eat, recreate, sleep. Do it all courageously. We have a victory to win.

"Buy less; cook no more than necessary; serve smaller portions."

"Use local and seasonable supplies."

"Preach and practice the 'gospel of the clean plate.'"

"Do not limit the plain food of growing children."

Griddle Cakes and Waffles

CORN GRIDDLE CAKES

1 cup flour
1 cup cornmeal
1 egg
butter size of a walnut
1½ cups milk, or enough to make right thickness
Pinch salt
A little sugar if desired
2 heaping tsps baking powder

Melt butter; mix all ingredients but the last. Stir together till smooth and proper thickness. Add baking powder just before baking.

BUCKWHEAT CAKES

2 cups buckwheat flour
½ cup flour
1 pint warm water
½ teaspoon salt
1 tablespoon molasses
1 scant teaspoon soda
1 yeast cake

Mix all ingredients except soda, adding the yeast last. Beat well. Let rise over night; just before baking add soda dissolved in a little hot water. Do not beat after adding soda, but carefully stir. Bake on hot greased griddle. The left over batter can be used again by adding same amount of ingredients except yeast. Only add fresh yeast when latter becomes flat.

CORN CAKES

1 cup cornmeal (yellow and white)
1 tablespoon sugar
1 tablespoon butter
1 teaspoon salt
1½ cups boiling water
1 egg, beaten
1 teaspoon baking powder

Mix ingredients; add baking powder just before baking on hot griddle.

(Mrs. Benjamin McKeen)

BARLEY WAFFLES

1 cup milk
2 eggs
3 tablespoons butter substitute
¼ teaspoon salt
3 teaspoons baking powder
2 cups barley flour

Beat eggs and mix with other ingredients. Bake on hot waffle iron.

"KEEP A BUTTER CUP."

Save the small amounts of butter left on plates. Scrape it into a cup kept for that purpose. Use it for "special" cooking.

OATMEAL GRIDDLE CAKES

1 cup milk
1 egg
1 tablespoon vegetable oil
1 1/2 cups cooked oatmeal
1/2 cup flour
3/4 teaspoon salt
4 level teaspoons baking powder

Combine milk, beaten egg, and fat, and beat into the cooked oatmeal; add flour, salt, and baking powder, which have been sifted together, and bake on a hot griddle. Other cooked cereals or mashed potatoes may be used instead of oatmeal.

DELICIOUS CORN CAKES

1 1/2 pints sour or buttermilk
2 eggs beaten separately
1 tablespoon sugar
2 tbsp. melted nut margarine
1 teaspoon salt
1 teaspoon soda
Enough cornmeal to make thin batter, no flour

Before putting in eggs add the melted margarine and soda mixed in a very little hot water; throughout the mixing beat thoroughly; use more fat than usual in frying.

(Mrs. Wm. M. Hall)

CORN MEAL WAFFLES

1 cup cornmeal
1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons fat, melted
2 eggs
1 scant cup milk

Beat eggs separately and add yolks to flour, corn meal, baking powder, salt, and milk, into which the melted fat is poured.

Fold in whites last and bake.

This quantity makes about 10 waffles.

(Mrs. W. H. R. Hilliard)

To avoid smoke when baking cakes, do not use fats for greasing. Rub raw potato on the griddle each time before frying cakes.

VARYING THE BREAKFAST CEREAL

When cooking the cereal, make double the amount needed, pouring the extra amount into a square pan; let cool, as when preparing cornmeal mush, cut in slices and fry for breakfast the next day.

Add a cupful of chopped dates or figs to oatmeal about 15 minutes before taking from the fire.

Add heaping tablespoon chopped salted peanuts to cream of wheat just before serving.

Pinion nuts also are delicious used in this way.

Soups

VEGETABLE SOUP WITHOUT MEAT

¼ cup onions
¼ cup celery
½ cup carrots
½ cup white turnips
½ cup leeks
½ cup cabbage
¼ cup barley soaked in water.

Cut vegetables into small pieces and mix them. Fry in four tablespoons of oil until a light brown, stirring constantly. Then add 2½ quarts of hot water and the soaked barley. Cook slowly for 4 hours. Serve very hot.

MRS. HERBERT C. HOOVER.

MUSHROOM SOUP

1 pint fresh mushooms
1 pint cream
1 tablespoon butter
1 tablespoon flour

Wash mushrooms and take off skins; cover with cold water; add a little salt and boil until soft; mash hard through collander and add liquid in which mushrooms were boiled. Boil butter and flour and add pint of cream slowly. Put altogether in double boiler.

(Mrs. Geo. Irwin Holdship)

CARROT SOUP

1 cup cooked carrots, run through ricer or grated fresh carrots
½ teaspoon butter
1½ pint milk
½ teaspoon cornstarch

Melt butter and mix in the corn starch, add carrots, then milk. A little stock may be added. Cook in double boiler. Spinach may be substituted for carrots.

FRENCH VEGETABLE SOUP

2 ounces of parsnips
3½ ounces of potatoes
1 ounce peas (with shells)
1 ounce string beans
1 ounce leaks
1 small tomato
1 small carrot (½ oz.)

Put vegetables in four quarts of water, reduce to half the quantity, boiling gently for six hours. Strain and serve hot.

(Miss Rachel C. Aiken)

CREAM OF LIMA BEAN

1 cup dried beans
3 pints cold water
2 onions
2 carrots (cut fine)
1 cup milk
2 tablespoons flour
Salt to taste

Soak beans over night, drain and add cold water. Cook beans, water, onions and carrots together, strain and rub through a sieve. Stir milk, flour and salt into the boiling soup.

(Mrs. A. K. Grubbs)

SPINACH SOUP

½ peck spinach
1 qt. milk
1 heaping teaspoon flour
½ teaspoon salt
½ teaspoon paprika
Butter size of walnut

Boil the spinach, wash through a sieve. Add this to the sauce made of the other ingredients.

Mrs. T. W. Friend

Use the water in which vegetables have been boiled in your soup stock.

ASPARAGUS SOUP

Liquid from 1 can asparagus
½ cup mashed potatoes
1 tsp. olive oil, or butter
1 pint top milk
1 tablespoon whipped cream
Dash of paprika

With the liquid from the can of asparagus, mix mashed potatoes for thickening. Add the olive oil (or butter) and milk. Before serving add a tablespoon of whipped cream and a dash of paprika pepper to each portion.

(Mrs. Guy Stewart McCabe)

STRING BEAN SOUP

Use either one can or one good size quart of fresh string beans and make the sauce as spinach soup.

(Mrs. T. W. Friend)

ONION AND CHEESE SOUP

2 tbsp. butter substitute
2 tbsp. flour
2 cups water
1 cup milk
½ cup grated cheese
5 onions

Melt butter substitute, add flour and water in which the onions have been cooked. Stir until it boils. Add milk, and just before serving stir in cheese. Season to taste with salt and cayenne pepper and serve very hot.

(Mrs. Joseph Burt)

CREAM OF VEGETABLE SOUP

1 quart milk (skim milk may be used)
2½ tablespoons flour or cornstarch
2 tablespoons butter substitute, margarine, or other fat
2 teaspoon salt
2 cups left-over vegetables warmed in a small quantity of water then pressed through a sieve. Spinach, peas, beans, potatoes, celery, oyster plant, or asparagus make good soups

Stir flour into melted fat and mix with the cold milk. Add the cooked vegetables and stir over the fire until thickened. If soup is too thick, add a little water or milk.

TOMATO BOUILLON WITH OYSTERS

1 can tomatoes
1½ quarts bouillon
1 tbsp. chopped onions
½ bay leaf
6 cloves
½ teaspoon celery salt
½ teaspoon pepper corn
1 pt. oysters

Mix all ingredients except oysters, and boil 20 minutes. Strain, cool and clear, add par-boiled oysters and serve at once.

(Mrs. Frederic I. Merrick)

OX TAIL SOUP

2 ox tails
½ cup barley
4 large onions
6 carrots
½ teaspoon alspice
Salt and pepper

Wash Ox Tail—Cover with 3 quarts cold water and boil gently one and one-half hours with salt to taste. Wash the barley and boil one hour with ox tails. Have ready the onions and carrots chopped fine and boil all together until the vegetables and barley are cooked. Half an hour before removing from the fire add the pepper and alspice to taste.

SUGGESTION—GARNISHED OX TAIL

2 ox tails
3 carrots

By removing the ox tail from which the soup has been cooked, before it is cooked to shreads, a very attractive and nourishing meal can be made. Slice or cut the carrots in long strips. Boil with salt. Have ready at the time of serving and arrange around the joints of the ox tail on platter with watercress and parsley. If gravy is desired, which adds very much, take a cup and a half of stock before the vegetables are put in, straining out the barley. Thicken with browned flour or add a teaspoon or two of kitchen bouquet to give a rich brown color. Pour gravy over the joints of meat and serve very hot.

(Mrs. John A. Murtland)

In place of white flour use cornstarch for thickening soups, gravies and sauces. Use half the amount.

QUICK BOUILLON

Drain the liquor from a can of peas, add to it one cup of milk, one cup of boiling water in which one beef cube has been dissolved, add pinch of salt, paprika, a little butter and teaspoon of cornstarch. Boil all one minute and serve in cups.

LOBSTER BISQUE

1 can lobster
2 cups milk
3 pts. boiling water
1 tablespoon butter
½ cup fine cracker crumbs

Chop the lobster a little, pnt boiling water, salt, pepper and lobster in sauce pan, and cook gently 40 minutes. Strain through colander. Have ready scalding milk and the bread crumbs and serve

PEA SOUP

Creamed Pea Soup can be made from pea pods boiled and strained. To this add white sauce.

POTATO SOUP

3 pints water
4 potatoes
1 bay leaf
1 slice of onion
1 bunch celery greens
1 tablespoon butter
½ cup sweet cream

Boil potatoes in water with bay leaf, slice of onion and celery greens. When potatoes are soft mash through a colander, season with pepper, salt, butter and cream. Cut bread in small squares, fry in butter and drop 5 or 8 in soup plate before serving.

(Mrs. H. A. Ross)

KIDNEY BEAN SOUP

1 cup red beans
1 quart water
½ onion
1 teaspoon butter substitute
Slices hard boiled egg
1 teaspoon flour
Pinch mustard
Lemon juice
½ glass claret or
1 tsp. Worcestershire sauce

Pick and soak beans over night. Drain and measure, using one cup of beans to above ingredients. Simmer beans and onion in water slowly until soft. Rub through sieve, return to fire, season with salt. Stir in butter and flour. Boil again for a few minutes. Add to this mustard, lemon juice, claret and slices of egg.

Use milk to make the left-overs into satisfying and nourishing soups.

PEA SOUP

3 cups of split peas (yellow)
3 leeks or onions
Ham or bacon ends
Salt and pepper

Do not throw away the ends of bacon or the ends of ham, both make very wholesome pea soup. Bones of beef, poultry or of lamb may also be added. After washing a medium sized bowl full of bacon ends or ham ends place in a large pan and cover with water. Add peas and onions or leeks. Boil until soft and strain. Season before serving.

(Mrs. John A. Murtland)

MARROW BALLS

1 cup marrow
1 egg
1 cup bread crumbs
3 tablespoons hot water
Pepper and salt to taste

Render the marrow, then mix bread crumbs, add egg well beaten form into balls and drop in boiling soup.

(Mrs. H. A. Ross)

CORN CHOWDER

1 tablespoon drippings or vegetable oil
1 onion sliced
2 cups cooked potato diced
1 cup corn (fresh or canned)
3 cups milk
½ teaspoon salt
¼ teaspoon pepper

Brown the sliced onion and potato in the fat; add corn, milk and seasoning. Do not cook too much, merely heat; chowder should be served hot.

Fish

SHAD ROE CROQUETTES

2 shad roes
½ pint cream
Yolks of 2 eggs
¼ grated nutmeg
1 teaspoon lemon juice
1 large tablespoon fat
2 large tablespoons flour
1 tablespoon chopped parsley
Salt, cayenne and black pepper

Wash shad roes, put in a saucepan of boiling water, add salt, cover and simmer slowly 15 minutes. Take out, remove the skin and mash. Put cream on to boil. Rub butter and flour together, add to boiling cream and stir until very thick. Add yoke of eggs. Take from the fire and add all other ingredients. Mix well and turn out on a dish to cool.

When cold form into croquettes, dip in egg and bread crumbs and fry in deep fat. Serve with Hollandaise sauce.

(Mrs. J. J. Miller)

HALIBUT CUTLETS

1 lb. boiled halibut
1 cup creamed butter
4 to 6 teaspoonfuls cream
1 teaspoonful salt
Dash of cayenne

Put boiled halibut through chopper or pick in fine pieces. Work in the creamed butter and other ingredients. Shape into cutlets and fry in deep fat.

FISH CHOWDER

Canned salmon or fresh fish
Onions
Potatoes
1½ cups milk
Bread crumbs
Butter
Pinch of salt

Brown several slices of onions in a casserole. Place a layer of potatoes partly cooked, sliced as for escallopes, over the onions. On this place a layer of canned salmon or fresh fish. Dots of butter should be used, little salt, as the salmon if used is already salted. Repeat until dish is full. Cover with bread crumbs. Put over all, one and one-half cups milk. Cook until potatoes can be pierced with a fork and top nicely browned.

(Mrs. Thos. R. Robinson)

CODFISH BALLS WITH RICE

1½ cups codfish
1 cup hot mashed potatoes
1 cup hot boiled rice
1 tablespoon vegetable fat
1 well beaten egg
3 teaspoons milk

Mix together and make into balls. Fry in vegetable oil. Serve hot.

The Big Four, a railroad phrase, now applies to the Food Administration—save Wheat, Meat, Fat, Sugar.

BAKED FISH

Any large fish over three pounds. Clean and dry fish, rub with salt and flour; stuff with bread crumbs dressing, seasoned with butter, salt, pepper and chopped pickle. Sew up opening and bake slowly, about one hour. Serve with Hollandaise or any yellow sauce.

RICE CODFISH PUDDING

2 cups boiled rice
1½ cups boiled and shredded codfish
Grated cheese
Salt and pepper
1½ cups milk
2 tablespoons butter

Stir in grated cheese and bake in baking dish thirty minutes.

(Mrs. P. J. Eaton)

GARNISH FOR FISH

Slice cucumbers lengthwise rather than across, dip in French dressing and powder with chopped parsley.

(Sweden)

BAKED SALMON

Put some fat in bottom of baking dish, add a layer of raw sliced onions. Fill the dish with alternate layers of raw potatoes and canned salmon ending with potatoes. Pour over all a cup and a half of milk with a little flour for thickening, also butter, salt and pepper. Bake half hour.

(Mrs. W. H. Siviter)

FISH SOUFFLE

2 eggs
2 tablespoons nut margarine
2 tablespoons flour
½ teaspoon salt
1 cup milk
2 teaspoons chopped parsley
1 cup shredded fish

Make white sauce of margarine, flour, salt and milk; add fish, parsley and eggs beaten separately. Bake in ramikins until puffed and brown, about 20 minutes. Ramikin dishes should be placed in hot water.

To the water in which fish is boiled add one-half lemon or a little vinegar.

(Mrs. C. R. Peddle)

CODFISH BALLS

1 cup codfish boiled and shredded
A little more than one cup potatoes
1 egg
1 rounded tablespoon butter
Pepper and salt

Mix all while hot. Drop from spoon into deep fat.

(Mrs. A. G. Mitchell)

CREAMED SHAD ROE

1 pair shad roe
1 tablespoon butter
1 tablespoon flour
1 teaspoon salt
1 saltspoonful cayenne
½ pint cream
Juice of ½ lemon
3 hard boiled eggs

Have shad roe parboiled, blanched, skinned and crumbled. Cream butter and flour together, put in chafingdish, when smooth, add cream, salt and cayenne. When a little thick add roe and lemon juice. Cook until it bubbles; add chopped whites of three hard-boiled eggs. Have yolks grated and sprinkle over the top.

CORN MEAL FISH CAKES

2 level cups of cornmeal mush
2 level cups shredded fish
1 egg, well beaten
1 level teaspoon salt
1 level teaspoon baking powder

Mix shredded fish (cold cooked fresh cod or halibut are excellent) with cornmeal mush; add egg well beaten, and baking powder. Drop by spoonsful into hot fat, on paper.

If using salt fish, pick it over and soak two or three hours to remove salt, omitting salt from recipe.

CLAM FRITTERS

1 pint clams
2 eggs
2 cups milk
1⅓ cups flour
2 teaspoons baking powder
Salt and pepper

Clean clams, drain and chop. Beat eggs until light, add milk and flour which has been mixed and sifted with baking powder. Season lightly with salt and pepper. Drop by teaspoonful and fry in deep fat. (Mrs. Walter C. Carroll)

FISH PUDDING

1 box salmon, or 1 to 2 lbs. fresh fish
2 eggs
½ cup cold milk
1 scant tablespoon baking powder
Little chopped parsley, or celery
1 teaspoon lemon juice
¾ cup cracker crumbs

Steam in individual molds 40 minutes. Keep liquor from can to make white sauce—with 1 cup milk add little lemon juice after cooking.

"PLAN MEALS AND DO YOUR ORDERING AHEAD OF TIME."

This helps your butcher, your baker and your groceryman to have the right amount of material on hand. You avoid waste at home.

LUNCHEON SARDINE DISH

1 box sardines
Bread toasted on one side
Sweitzer cheese

On the untoasted side of bread, spread the oil from the box of sardines. Place sardines on this side, and put under broiler until toast is brown.

Serve with Sweitzer cheese—and parsley as a garnish.

(Mrs. Guy Stewart McCabe)

ESCALLOPED OYSTERS

As a change for seasoning in escalloped oysters, add a little mace, and pour over the top either a glass of sherry or Madera wine. (Mrs. Magaw, Meadville, Penna.)

PLANKED SHAD WITH CREAMED ROE

Steam and split a roe shad. Put skin-side down on an oak plank 1 inch thick, sprinkle with salt and pepper and brush over with melted butter. Bake 25 minutes in a hot oven.

Parboil roe in salted water (to which lemon juice has been added) for 20 minutes. Remove outsides membranes and mash. Melt 3 tablespoons of butter, add one teaspoon of finely chopped shallot and cook 5 minutes, add roe sprinkle with 1 tablespoon of flour, and pour on gradually ½ cup of cream. Cook slowly 5 minutes, add yolks of 2 eggs, season highly with salt, pepper and lemon juice. Remove shad from the oven, spread thin part with roe mixture and cover with buttered crumbs. Garnish with mashed potatoes forced through a pastry bag and tube. Brush over with white of egg and return to oven to brown potato and crumbs.

Garnish with tomato cucumber, parsley and lemon.

(Mrs. Frederic Merrick)

CRAB CROQUETTES

4 cups boiled crab meat
1 cup rich milk
2 eggs
2 teaspoons Worcestershire sauce
Cayenne pepper, salt
1 teaspoon cornstarch
Cracker dust

Put milk in double boiler, add corn starch and cook till thick, add crab meat and seasoning, mould in balls dip in egg, roll in cracker dust and fry.

LUNCHEON FISH DISH

1 lb. halibut, white fish or canned tuna fish, boiled with a little chopped onion and salt
2 cups thick cream sauce
4 hard boiled eggs—cut in eighths
Teaspoon salt
½ teaspoon paprika
1 teaspoon finely chopped parsley

Put fish and eggs with cream sauce in chafing dish, heat to scalding point. Serve on slices of toast or toasted corn muffins. Garnish with asparagus tips. (H. M. Dermitt)

Eggs

EGGS AND CHEESE IN RAMIKINS

Put in ramikin grated cheese on bottom, drop in egg (not beaten), pinch of salt, then layer of cheese. Sprinkle bread or cracker crumbs on top and a little butter. Bake until egg is cooked.

HOMINY GRITS AND SCRAMBLED EGGS

2 cups cold boiled hominy
4 eggs
½ cup milk
Pinch salt

Mix and scramble in frying pan.

(Mrs. J. M. Thorn and Mrs. Little)

EGG TIMBALES

3 well beaten eggs
¾ cup milk
1 teaspoon chopped parsley
Salt and pepper
A little grated onion

Bake 45 minutes in well buttered custard cups set in pan of hot water; when done, turn out on a chop-plate with cream sauce poured over and garnish with parsley.

EGG CROQUETTES

3 hard boiled eggs, chopped
1 teaspoon butter
1 tablespoon flour, milk
A little chopped parsley

For sauce, blend butter and flour with milk and a little chopped parsley; add chopped eggs; shape and set on ice for several hours. Roll in egg and bread crumbs and fry in deep fat (Crisco). Makes only 4 or 5. (Mrs. M. E. Lee)

EGG SOUFFLE

5 eggs
½ cup cream
Pinch salt and pepper

Beat yolks and whites separately, add cream to yolks, then whites. Grease molds well and set in cold water in pan in oven. Bake about 5 minutes. Serve with tomato or cream sauce. Nice for individual molds. (Mrs. C. A. Rook)

EGGS.

Use left-over egg yolks for scrambled eggs for luncheon or breakfast; add one whole egg and two teaspoons milk for each yolk.

Vegetables in small quantities left from dinner can be added to an omelette for breakfast, or used as flavoring for a meat sauce.

ITALIAN GNOCHI

2 cups milk
2 cups flour
4 eggs
1 tablespoon butter

Let milk boil with butter, put flour in when boiling and stir until smooth; then take from the fire and put in the eggs, yolks and whites beaten separately. Take a spoonful of this at a time and drop into boiling water; allow each to remain until it rises to the top of the water; then place them in a baking dish in which has been put a little white sauce; pour more over the top, sprinkle a little Parmesan cheese on the top and bake for 10 or 15 minutes, and serve in baking dish.

(Mrs. Frederic I. Merrick)

BLOCKED EGGS

8 eggs
1 cup sour cream
Salt and pepper
Cream sauce

For eight people, beat up eight eggs in a bowl, add ½ cup cream just turned sour, and season well with salt and pepper. Fill some little baking dishes and bake in a slow oven, like souffles.

Make a cream sauce of milk and flour, add ½ cup sour cream, tip the contents of the baking dishes into the sauce, and serve at once. They will flatten to an inch thick.

EGG FOR AN INVALID

Make a nest of the stiffly beaten white of an egg, on a square of toasted white or graham bread. Drop the yolk in the nest, pour over it a tablespoon of rich cream and set for 3 minutes in a quick oven. (Mrs. Frederic I. Merrick)

KIDNEY OMELET

2 lamb kidneys or two tablespoon calves' kidneys
6 eggs
Pepper and salt

Beat the eggs, adding seasoning. Cut the kidneys in very small pieces, toss in hot dripping in a frying pan for several minutes until quite cooked. In a second frying pan, put a tablespoon of hot butter into which pour the beaten eggs. Immediately put the minced kidney over the eggs and as the omelette begins to set, roll the edges until it just meets but do not turn over. Have a garnished platter ready and serve

OMELET

4 eggs or more
1 pint white sauce

Beat whites and yolks of eggs separately. Stir yolks to which a pinch of salt has been added into the hot white sauce. Fold whites in carefully. Cook in skillet on top of stove. Put in oven a few minutes.

CHEESE OMELET

1 heaping tablespoon instantaneous tapioca
½ teaspoon salt
⅛ teaspoon pepper or paprika
2 tablespoons grated cheese
⅛ teaspoon mustard
1 cup hot milk
1½ tablespoons olive oil or other cooking oil
2 eggs

Cook the tapioca, salt, pepper, cheese and mustard in the hot milk for ten minutes, stirring frequently, then add ½ tablespoon of the oil and the yolks of the eggs beaten until very light. Stir well, remove from the fire and fold into the stiffly beaten whites of the eggs. Put the remainder of the oil into an omelet pan and when it bubbles pour in the prepared eggs. Shake the pan gently so that the omelet will not adhere to it and cook until it is a delicate brown on the bottom, then stand the pan in the oven for a few moments to cook the top. Score the center and fold over.

Salt increases the intensity of cold. Add a pinch of salt when beating eggs.

Meats and Meat Substitutes

GARNISH FOR COLD LAMB

Tiny half tomatoes scooped and filled with cold green peas and finely diced potatoes that have been marinated either with cream or French dressing. (Savoy Hotel, London)

GARNISH FOR HAM

Cold boiled eggs. Remove yolks and fill with spinach which has been rubbed through a colander and mixed with whipped cream. (Savoy Hotel, London)

MOCK DUCK

Take large round steak, make poultry stuffing, spread on steak roll and tie, roast from ½ to ¾ hours.
(Mrs. A. M. Imbria)

"CHEAP CUTS" OF STEAK

1 tablespoon butter (or substitute)
1 heaping tablespoon flour
2 cups cold water
Onion

Make a smooth gravy of these ingredients, put steak into this, pour over it a little vinegar, sprinkle with salt and pepper. Cut onion in small pieces, put around steak, cover, cook in oven 1 hour.

LIBERTY MEAT

3 pints cooked cornmeal
1 cup chopped English walnuts
½ cup peanut butter
3 tablespoons any good oil
Season to taste

Mold and cut into slices when cold. Fry in very little fat. (Mrs. Robert Miller)

BEAN LOAF

2 cups cold baked beans
1 egg, beaten
1 cup bread crumbs
1 teaspoon minced onion
2 teaspoons catsup
Salt and pepper
½ red pepper, chopped

Combine ingredients and shape into a loaf. Bake ½ hour. Serve with strips of boiled bacon on top. (L. B. M.)

"LEARN TO USE THE VEGETABLE OILS."

Use corn oil, cottonseed oil, peanut oil and olive oil for cooking and frying as well as in salad dressings.

BRAZILIAN TURKEY

1 lb. dry war bread
2 cups coarsely chopped cream nuts
1 large onion chopped fine
6 tablespoons olive oil or substitute
1 teaspoon sage
4 eggs
Salt and pepper

Moisten bread in milk, add nuts, onion, oil, sage and seasoning. Mix thoroughly, add 4 well beaten eggs and bake in well oiled dish for 2 hours. Garnish with parsley and serve This is delicious served cold. (Miss Margaretta Dihm)

HOMINY AND CHIPPED BEEF

5 cups cooked hominy
4 potatoes
2 cups cooked carrots
1 teaspoon salt
1/4 lb. dried beef
2 cups milk
2 tablespoons vegetable fat
2 tablespoons flour or cornstarch

Melt the fat, add the flour, then the cold milk and stir until it thickens. Cut the potatoes and carrots in dice, mix all the materials in a baking dish, and bake for one hour.

CAMOUFLAGE ROAST

2 cups bread crumbs
1 cup peanuts (ground pounded fine)
Juice of half a lemon
A pinch of mace
1 small grated onion
or1 teaspoon butter substitute
1 egg
1 cup milk
1 teaspoon flour or cornstarch

Stir flour into melted butter substitute, add milk and onion, and bring to a boil; add nuts and bread crumbs; remove from fire; add lemon juice, egg and mace. Bake in a buttered pudding dish till brown and serve with tomato sauce.

CREAMED HAM

3 tablespoons butter
3 tablespoons grated cheese
3 tablespoons grated ham
1 gill cream
Salt and Cayenne

Mix butter and cheese, let it melt, add ham, cream, salt and pepper.

"MAKE THE NEW FOODS APPETIZING AND ATTRACTIVE."

By means of garnishes, sauces and judicious seasoning and flavoring, the housewife can make her family vote themselves in favor of the new foods. Conversion in this case is patriotism.

ROYAL ESCALLOP

1 cup boiled ham, chopped
6 hard boiled eggs, chopped
1 pint milk
1 tablespoon butter
1 tablespoon flour

Make of these a white sauce. Season with paprika, mix all together, place cracker crumbs on top, and bake one-half hour.

(Mrs. Wesley G. Carr)

ONION SOUP AU GRATIN
In Casserole.

1 qt. stock seasoned with salt and pepper
1 tablespoon butter
3 onions, sliced thin
1 full tablespoon flour
Parmesan cheese
Toasted bread

Fry onions in the butter, add flour and stock and cook on stove for ½ hour or more. Sprinkle bottom of casserole with Parmesan cheese, pour in stock. Sprinkle more cheese, then place enough pieces of bread, thoroughly toasted or browned in oven, to cover stock. Sprinkle more cheese on toast and place casserole in oven for ½ hour or more.

(Mrs. Wesley G. Carr)

BEEF CROQUETTES

1 lb. beef, boiled well (minced)
1 cup (coffee cup size) cold beef
2 slices onion
1 tablespoon parsley (powdered or minced)
Dash Cayenne pepper

Let 1 pint milk, or cream, come to boiling point, then add a tablespoon of cold butter, then the above mixture.

Beat up two eggs and mix with large tablespoon of starch (or flour) and add to the rest. Cook it all, stirring with care until proper consistency. Remove from fire, spread on platter to cool; then make into croquettes—roll in bread crumbs and try in wire basket—in hot fat.

This amount makes 12 croquettes.

(Miss Bertha Young)

HAM MOUSSE

2 cups cooked ham chopped fine
1 teaspoon mustard
½ teaspoon onion juice
½ cup Aspic jelly, or 1 teaspoon gelatine dissolved in ½ cup hot water
½ cup whipped cream
Dash red pepper

Put on ice for 2 hours, serve cold.

(Mrs. W. C. Carroll)

CORNMEAL AND MEAT

Cornmeal is good combined with meats. Such a dish is a meal in itself. Try this one.

TAMALE PIE

2 cups cornmeal
6 cups boiling water
1 tablespoon fat
1 onion
2 cups tomatoes
1 pound hamburger steak

Make a mush by stirring the corn meal and 1½ teaspoons salt into boiling water. Cook 45 minutes. Brown onion in fat, add hamburger and stir until red color disappears. Add salt, pepper, and tomato. A sweet pepper is an addition. Grease baking dish, put in layer of cornmeal mush, add seasoned meat, and cover with mush. Bake one-half hour. Serves six. (Original)

YORKSHIRE PUDDING

1 pt. milk
4 eggs, beaten separately
2 cups flour
1 teaspoon salt

Note.—Be careful not to have the batter too stiff.

¾ of an hour before the roast of beef is done drain the fat out of the pan, leaving just enough to keep the batter from sticking. Bake ¾ of an hour. This should be a golden brown.
(Mrs. A. G. Mitchell)

ITALIAN SPAGHETTI

1 lb. Hamburg steak
1 good-sized onion
1 can tomatoes

Boil together slowly about three hours.

1 lb. spaghetti
3 tablespoons olive oil

Boil spaghetti in salt water. Put olive oil into meat, etc. Add spaghetti. Cook a minute or two. Serve with grated cheese.

BEEF OLIVES

Have a round steak cut very thin, cut into pieces 6 or 8 inches square.

Make a poultry bread stuffing, put a tablespoonful on each piece of meat, roll and tie with strong thread.

Fry bacon in a skillet, add in meat, and fry brown. Place meat in sauce pan. Make enough gravy in the skillet to cover meat. Pour gravy over meat and cook slowly for 2 hours. A good way to use tough meat. (Mrs. S. A. Brubaker)

MOCK SAUSAGE

Soak one cup lima beans over night, boil until very soft, drain and mash, season with salt, pepper and a half a teaspoonful each of powdered sage, thyme and sweet marjoram; make into rolls about the size of a finger; roll in flour and fry a golden brown in corn or other vegetable oil.

HOMINY AND TOMATO

2 cups lye hominy or coarse cracked hominy, boiled
1 cup canned tomatoes
2 tablespoons fat
2 tablespoons flour
½ teaspoon salt
Few grains pepper
Dry bread crumbs

Heat fat in a saucepan, stir in the flour, and then the tomato, strained, salt and pepper. Combine with the hominy, pour into a buttered baking dish, cover with bread crumbs mixed with a little melted butter, and bake 30 minutes in a moderate oven. A tablespoon of scraped onion may be added if desired. Enough for six small servings.

(Good Housekeeping)

TOMATO CAKES

4 eggs
2 cups canned tomatoes
3 tablespoons shortening
about 2 cups cracker crumbs
¼ teaspoon pepper
2 teaspoons salt

Beat eggs light, add tomatoes and shortening melted, pepper and salt. Stir in cracker crumbs to make it stiff enough to drop by the tablespoon on a hot griddle. Brown on both sides and serve at once. (Mrs. Edward J. House)

GREEN PEA LOAF

1½ cups cooked peas rubbed through a sieve
1½ cups bread crumbs
1½ cups milk
1 egg, slightly beaten
1 slice chopped onion
Salt and pepper to taste

Scald the milk, add the onion, bread crumbs, peas and egg. Season to taste. Bake in a buttered baking dish or timbale molds in a moderate oven until brown—about 20 minutes. Beans, mashed carrots, fish or corn may be used instead of peas.

BEAN OR PEA LOAF

¾ cup dried beans or peas
1½ cups milk
1 chopped onion
1½ cups stale bread crumbs
1 egg
¾ teaspoon salt
⅛ teaspoon pepper

Soak dried beans or peas over night; in the morning simmer until tender in the water in which they have been soaked, letting the water evaporate at the end of cooking, since, if thrown away you will lose some of the valuable mineral matter in the vegetable. Rub cooked beans through sieve. Scald milk and add finely chopped onion, bread crumbs, strained beans and egg. Season to taste. Fill greased baking dish two-thirds full or use individual molds. Bake in moderate oven until firm to touch (20 minutes). Serve with pimento or tomato sauce.

NUT SCRAPPLE

2 quarts boiling water
2 cups cornmeal
1 cup hominy grits
1 tablespoon salt
2 cups nut meats

Cook cornmeal and hominy together in water for 20 minutes. Add salt and cook until all water has absorbed. Add chopped nuts, and pour into greased bread pan. When cool, cut in slices and fry in vegetable oil. Serve either with or without syrup.

MOCK TERRAPIN

1 teaspoon mustard
Dash cayenne
3 hard boiled eggs, chopped
Butter size of an egg
Cup water

Season and fry brown, calves liver. When cooked hash fine and dust thick with flour.

Cook a little then add liver and cook a few minutes longer.

(Mrs. C. A. Cook)

SHEPHERD'S PIE

2 cups cold meat
4 medium sized potatoes
1 large onion
Pepper and salt

Cut cold meat into small pieces. Place in dish with minced onion, seasoning to taste and barely covering with water. Cover and simmer on top of range for an hour. The addition of gravy left from a previous meal adds to the flavor, but a little flour thickening answers the same purpose. Twenty minutes before serving press the boiled potatoes through a ricer onto the meat and brown in the oven. Serve with pickles or tomato catsup.

MINCED LIVER WITH TOAST

2 lbs. beef liver
1 oz. butter
Pepper and salt
Toast

Boil the liver for half an hour with salt. When done remove skin. Chop very fine. Put in frying pan and cover with water. Simmer gently for fifteen minutes, thicken slightly with flour, adding butter and seasoning. Serve on hot platter, garnished with parsley and triangles of toast.

SPANISH RICE

1 onion
1 pepper (mix until well heated over fire)
1 tablespoon fat
¼ cup rice
¼ lb. cheese
1 cup solid tomatoes
1 teaspoon salt

Boil the rice, mix with tomatoes and salt, then add the onions, pepper and fat. Bake 20 minutes, grating cheese on top.

WAR MEAT SUBSTITUTE

1 cup lentils
1 cup rice
1 can tomatoes
1 large onion
1 bay leaf
½ tablespoon curry powder
1 tablespoon fat
Salt and pepper

Soak lentils over night. Change the water and boil until soft. Cook rice well. Boil tomato, bay leaf, and onion until reduced one-half. Strain, add fat and curry powder, salt and pepper. Put lentils and rice in dish and mix with sauce. Serve very hot. (Mrs. J. J. Miller)

MEAT LOAF

1 lb. chopped meat (any cheap cut)
2 cups soft bread crumbs (or less of dry ones)
1 cup thick white sauce
Salt and pepper

Mix ingredients thoroughly. Form into loaf. Bake in moderate oven 2 hours. If you use left-over meat bake only 45 minutes.

FOR SAUCE

1 cup milk or stock
3½ tablespoons flour
2 tablespoons drippings
½ teaspoon salt

SCALLOPED BEEF OR LAMB

1 teaspoon browned butter

Cut cold meat in small pieces, put in baking pan. Make sauce from bones and gravy, add chopped parsley and 1 tablespoon Worcestershire sauce. Mix some bread crumbs with browned butter and sprinkle on top and bake.

CROQUETTES WITHOUT EGGS

1 cup finely cut meat or fish
1 cup scalded milk
1 tablespoon butter substitute
2 teaspoons flour (heaping)
2 teaspoons onion juice
½ teaspoon salt
½ teaspoon celery salt
¼ teaspoon pepper

Cream flour and butter. Stir in milk, add seasoning and meat. Cook until thick. Set away in flat dish at least two hours. When firm form into croquettes. Roll in yolk of egg, then in bread crumbs. Fry in deep fat.

"LALLA ROOKH"

A baked dish for luncheon or dinner in which may be used various left-overs to great advantage. The blending of several flavors improves the taste.

Butter a casserole or any baking dish, sprinkle into it a layer of any finely minced pieces of beef, lamb or fish, season well with salt and pepper, a dash of poultry seasoning, or a slice of onion and parsley as preferred. Over this pour a few spoonsful of gravy or stock and a little grated cheese, or better still, macaroni cooked with cheese, or in war times, use rice cooked with cheese. Then a layer of tomatoes, over which pour more gravy or stock, topping with a layer of dry crumbs, dotted over with butter or fat, and bake thoroughly until all is bubbling and the top is nicely browned. Serve in the dish in which it is cooked.

This can also be baked in ramikins and can be varied by the use of different condiments to suit any taste.

(Mrs. A. M. Kingsbury)

CORN BEEF HASH

1 pint cooked, chopped meat
½ pint cooked chopped potatoes
4 tablespoons butter
2 tablespoons chopped onions

Turn hash and potatoes into butter and onions and mix thoroughly; season well. Add ½ cup water, cover and cook slowly ½ hour in skillet or until brown crust has formed on bottom. Loosen, turn over like an omelet on hot plate garnished with parsley. (Mrs. Claude F. Pugh)

RICE AND BREAD, MEAT SUBSTITUTE

2 cups cooked rice
2 cups bread crumbs
2 eggs
2 tablespoons white sauce
1 cup chopped walnuts

Form into loaf, cover with bread crumbs and bake.

When ready to serve, insert well into center of loaf 2 hard-boiled eggs, (these may be omitted)

(Mrs. T. D. Chantler)

DELICIOUS STUFFED PEPPERS

Cut tops off of green peppers, par-boil until tender; fill with chopped meat onions, tomatoes and cracker crumbs. Sprinkle grated cheese over top and bake 20 minutes; have hot salted water in the pan and baste while cooking.

Every particle of the pepper is eaten when cooked this way. (Mrs. Wm. H. Latshaw)

BAKED HAM IN MILK

Slice of ham 1½ inch. thick Brown sugar
Mustard

Rub ham with dry mustard. Put in pan and sprinkle brown sugar over meat. Fill pan with milk. Cook slowly 1½ hours. Serve without sauce. (Mrs. C. I. McKee)

PORK CROQUETTE

1 cup chopped roast pork
½ cup mashed potatoes
1 tablespoon butter
½ tablespoon onion juice
1 tablespoon mustard
Nutmeg, parsley, red and black pepper

Mix with cream sauce and mold.
(Mrs. C. I. McKee)

ROLLED STEAK AND VEGETABLES

1½ lbs. lean round steak (1 slice)
1 cup diced carrots
1 cup diced turnips
1 cup peas
1 onion sliced and fried
1 can tomatoes

Lay meat flat and cover with carrots, turnips, peas, and onion. Roll and tie. Place in pan, cover with tomato, adding enough water to make gravy. Bake one hour in a moderate oven.

Have stews at least once a week. They can be made appetizing and in varied ways. Select some particular vegetable for the chief flavor, subordinating the others to it. Thicken it one week with rice, the next with barley, next with macaroni.

Vegetables

POTATOES

The free use of potatoes in the diet will save bread and thus save wheat.

SPINACH WITH MUSHROOMS

Cook spinach; chop very fine and season. Prepare the mushrooms and cook until tender. Make a cream sauce. Place the spinach in a baking dish with mushrooms and cream sauce in the center. Sprinkle cracker crumbs over all.

Put in oven for a moment and serve hot.

POTATO CROQUETTES

2 cups cold potatoes
1 tablespoon chopped parsley
1 teaspoon onion juice, if desired
Yolks of 2 eggs
1 teaspoon salt

Unless cold mashed potatoes are used, 1 tablespoon butter and 2 of cream.

To potatoes add yolks of eggs, butter and cream (if used) and juice of an onion obtained by cutting the onion in halves and pressing on grater; add parsley, nutmeg (if desired) a sprinkling of cayenne pepper. Put on stove and cook until mixture leaves side of vessel.

Form croquettes by rolling 1 tablespoon of the mixture in flour; to each white of egg add 1 tablespoon hot water. Roll croquettes in the egg and water; then bread or cracker crumbs. Cook in hot lard. When croquette comes to the top it is done.

RICE PUFFS

1 pint cold cooked rice
1 cup milk
3 well beaten eggs
1 tablespoon melted butter
1 tablespoon sugar
1 tablespoon baking powder
Pinch salt

Flour to make batter stiff enough to drop from spoon. Fry in deep fat. Serve with Maryland sauce.

(Mrs. S. A. Pickering)

STUFFED EGG PLANT

Cut in halves lengthwise; do not pare. Bake in moderate oven until soft. Remove center and season to taste. Have ready some cooked mushrooms; chop and mix with egg plant. Place mixture in egg plant shells, sprinkle with cracker crumbs. Return to oven until hot. Serve hot on garnished platter.

Peel potatoes after cooking—valuable minerals and salts are wasted when pared raw.

BEETS WITH CREAM DRESSING

Boil about two bunches of beets without breaking off the roots and leaving good piece of stem to retain color and sweetness. Do not prick with fork.

Peel, cut in squares, sprinkle with a little flour and pour over the following in order given:

1 tablespoon vinegar
1 tablespoon sugar
1 tablespoon salt
Pepper
½ cup cream

Sugar is important as it prevents curdling of cream.

(Mrs. W. H. R. Hilliard)

HOMINY CROQUETTES

1 cup hominy grits
3 cups boiling salted water
1 egg
1 cup white sauce

Boil hominy in water 5 minutes, then put in double boiler and cook for 2 hours. Add egg well beaten to white sauce. Form into croquettes; roll in egg and bread crumbs and fry in deep fat. This makes 12 croquettes.

(Mrs. Joseph Burt)

VEGETABLE SOUFFLE

¼ cup butter
¼ cup flour
⅓ cup cream
⅓ cup stock
1 cup cooked vegetables (carrots, turnips or onions) rubbed through sieve
3 eggs, yolks and whites
Salt and pepper

Melt butter, add flour and pour in gradually cream and water. Add vegetables, yolks of eggs beaten till thick and fold in whites beaten stiff. Add seasonings. Bake slowly in buttered baking dish. (Lyda Hanna Findley)

BAKED CABBAGE

3 heads cabbage
1 tablespoon flour
1½ teaspoons salt
Paprika to taste
1 teaspoon dry mustard
¾ cup cold water
6 slices thin bacon

Shred or chop cabbage; stir into it flour, salt, paprika, water. Mix thoroughly. Put in baking dish or casserole. Lay over top the bacon, cover tightly, bake in hot oven about an hour with cover on. Remove cover for few minutes until brown. (Mrs. T. J. Gillespie)

When cooking cauliflower do not discard tender leaves or stalk. Cut leaves in two, pare and slice the stock; cook with cauliflower; save these with the water in which they are cooked, and use next day for soup.

BAKED EGG PLANT

1 egg plant
½ cup butter
Equal parts bread crumbs and egg plant
3 hard-boiled eggs, chopped fine
Salt and pepper
½ cup butter

Pare egg plant, cut in quarters and boil in water without salt until tender. Drain and wash, seasoning well. Mix with other ingredients chopped fine, put in baking dish, cover with bread crumbs that have been rubbed in melted butter. Bake until tender, about ½ hour.

STUFFED EGG PLANT

Cut lengthwise 1 egg plant; take out inside meat and grind through a meat grinder.

3 or 4 slices bread
Salt and pepper
A little butter

Mix all together, fill skins and place in a pan with a little hot water Bake 1 hour. (Mrs. R. P. McChesney)

BAKED HOMINY

Cook coarse hominy in a double boiler about half a day. Put in baking dish and bake as for macaroni au gratin. Make white sauce in which cheese has been melted; pour this over hominy, put grated cheese and buttered bread crumbs on top and bake. (Mrs. Wm. H. Siviter)

SWEET FRIED CABBAGE

Cut cabbage as for cold slaw. Pour boiling water over it; let stand a few minutes; strain. Place in skillet some frying fat, then the cabbage. Cover and let steam ½ hour.

Make a sauce of 1 tablespoon fat, 1 tablespoon brown sugar, 2 tablespoons vinegar. Sprinkle some flour, salt and pepper over cabbage. Pour over this the sauce, cover, let steam 10 minutes, adding a little water if necessary.

CORN FRITTERS

To 1 cup grated corn, add 1 well beaten egg, 1 heaping tablespoon flour, 1 level teaspoon salt. Mix thoroughly and fry in butter and lard in proportions of one to three, until light brown on both sides.

When fresh corn is not in season, Cornlet makes a fair substitute. (Mrs. J. C. Anderson)

BAKED BERMUDA ONIONS

5 Bermuda onions; boil in salted water about an hour; when cool, cut in half, remove part of center, chop, mix with salt and pepper and a little chopped boiled ham; add the beaten yolk of an egg, 2 tablespoons cream and fill onions with the mixture; bake slowly and before serving pour over onions a cream sauce. (Mrs. C. R. Peddle)

GREEN CORN FRITTERS

8 ears green corn; score grain with sharp knife and press from husk with the blunt edge of a silver knife; add salt, 1 teaspoon melted butter and 1 egg, white and yolk beaten together. Drop by teaspoon on greased griddle and brown. Do not use any flour. (Mrs. C. R. Peddle)

PARSNIP FRITTERS

Parsnips
2 well beaten eggs
1 teaspoon salt
1 cup milk
About 3 tablespoons flour (or until batter drops from spoon)

Either grate the raw parsnips on a coarse grater, or boil until tender and rub fine, having taken out the heart before cooking.

Make a batter of the eggs, salt, milk and flour; beat the parsnips into this and fry in deep fat.

(Mrs. T., Meadville)

DUTCH POTATO CAKES

6 good sized potatoes
2 eggs
1 teaspoon salt

Peel and grate potatoes, stir in eggs and salt. Pour into a hot, well-buttered spider. Turn and brown again. Make into small cakes. (L.B.M.)

SPINACH MOULD

½ peck spinach boiled in salt water, drained and chopped, or
1 can spinach drained and chopped
1 tablespoon flour, browned
1 egg, beaten
Salt and pepper to taste
Juice of 1 lemon squeezed into beaten egg
½ cup milk

Mix all ingredients together, adding milk just before putting into oven. Butter mould; set in pan of water and bake ½ hour.

MACARONI

½ lb. macaroni
Pinch of mace
½ cup cream
1 teaspoon flour
Yolk of egg
Butter, size of walnut
Pinch of salt
Grated cheese

Boil the macaroni ¾ hour in water in which has been added mace and salt. Have ready a sauce made of the other ingredients; put macaroni in baking dish. Pour sauce over it; grate cheese on top and brown in oven.

(Dr. Green, Meadville)

STUFFED ONIONS

Onions
Hard boiled eggs
Salt and pepper
Bread crumbs
Bacon

Parboil onions, remove insides, chop the insides of onions with hard boiled eggs, salt and pepper. Fill the shells, pour into each about a teaspoon of any soup stock. Bread crumbs on top. Place in a shallow pan with a little water in bottom. A piece of bacon on top of each onion adds to the flavor. Bake until onions are tender. (Mrs. Walter C. Carroll)

STEWED MUSHROOMS

1 qt. mushrooms
Enough rich cream or milk to float mushrooms
Butter size of an egg
Pepper and salt
Flour enough to thicken milk

Carefully pick over mushrooms and skin. Boil in water 10 minutes; pour off the liquor; add sauce made of the other ingredients. Let all boil for a few minutes and serve on toast.

Always cook mushrooms with a silver spoon. If not the true article the silver will tarnish.

(Mrs. M. C. Thorp, Meadville)

Always have baked vegetables (potatoes, tomatoes, macaroni, onions) when using the oven for roast meats. String beans, lima beans, beets and many other vegetables can be baked—with water to cover—in casseroles or covered pans. If onions are not included, a baked dessert can also be planned—apples, cottage pudding, custard, tapioca, etc.

Cheese

MACARONI, CHEESE AND TOMATO

4 oz. elbow macaroni
1 small can tomato soup
½ cup grated cheese
1 large tablespoon butter

Wash macaroni in cold water and put in double boiler, cover with hot water, let steam 20 minutes. Pour off this water, replace in boiler with ½ cup hot water and cook till tender. When nearly cooked, add cheese and butter to the tomato soup which has been heated in a separate sauce pan. When about to serve, pour tomato sauce over macaroni, toss lightly. Be sure the sauce is sufficiently seasoned with salt and pepper. Serve very hot.

(Mrs. John A. Murtland)

CREOLE MACARONI

4 oz. macaroni
½ can tomatoes
2 onions
Ham or bacon

Wash macaroni, place in double boiler and steam until tender, with onions and salt to taste. (Sufficient water will remain on macaroni to steam).

When half cooked, add the ½ can of tomatoes and any pieces of fried ham or bacon that may have been left over from previous meals. Cut in dice. Be sure it is juicy. Do not allow the macaroni to cook until it is very soft. Season to taste.

WAR FRENCH FRIED POTATOES

First: Scrub the potatoes well. When peeling potatoes save the peels, put in cold water over night. Change water in the morning and treat as you would French fried potatoes. Drop in deep fat. These are delicious.

(Mrs. E. S. Hulse)

ONIONS ON TOAST

Cut young onions a good length. Cook till tender. Serve on toast, with either butter or cream dressing.

CHEESE SOUFFLE

2 cups cheese finely crumbled
2 cups bread crumbs
2 cups milk
2 eggs
Salt and pepper
1 tablespoon melted butter

Heat milk in double boiler. Put into it the cheese and bread crumbs and place where it will keep hot until the cheese is melted. Add seasonings, beaten eggs and butter. Bake in a buttered dish about half hour.

(Miss Anna Dake McCague)

ENGLISH MONKEY

1 cup bread crumbs soaked in milk 20 minutes
1 cup cheese, cut fine
1 egg, yolk
1 tablespoon butter

Add egg to crumbs and milk. Melt butter in skillet and add cheese, and when melted smooth, add the bread crumbs, and stir. If too thick, add more milk. Serve on crisp salted crackers, or thin toast. Nice to serve with afternoon tea.

(Mrs. Herbert Byram)

BREAD AND CHEESE

6 slices bread, buttered and diced
Cheese grated
2 cups milk
1 teaspoon salt
¼ teaspoon mustard
Speck Cayenne
3 beaten eggs

Alternate bread and cheese in baking dish, beginning with bread and ending with cheese.

Pour over top 1 cupful of milk and let stand half hour or more.

In 1 cupful milk mix the other ingredients. Pour over top just before baking.

Bake 20 minutes.

(Mrs. Walter C. Carroll)

BAKED HOMINY AND CHEESE

1 tablespoon shortening (bacon fat or lard)
1 tablespoon corn starch
1 cup milk
Salt
Use either 1 cup or ½ cup cheese (according to cheese)
2 cups cooked hominy
½ cup bread crumbs

Make sauce of shortening, salt, corn starch and milk, add cheese and hominy. Place in dish, cover with crumbs, bake until brown.

(Mrs. D. M. Buck)

BAKED RICE AU GRATIN

Rice
1 cup beef stock
Grated cheese

Take well cooked rice, put into baking dish and cover entirely with beef stock, sprinkle with grated cheese and leave in moderate oven until well browned.

(Miss Addah Gerdes)

CHEESE ON TOAST

1 tablespoon butter
1 tablespoon flour
1 cup milk
1 cup grated cheese
½ teaspoon salt
¼ teaspoon pepper

Cook and serve on toast.

(Mrs. A. G. Mitchell)

Salads

FRUIT GELATINE SALAD

1 envelope Knox granulated gelatine
1 cup cold water
Juice from can of pineapple
¾ cup sugar
5 slices cut pineapple
2 oranges
½ grape fruit
1 lb. seeded and skinned green grapes

Dissolve gelatine in cold water, add enough water to pineapple juice to make 1 pt. juice. Boil juice with sugar, add gelatine, set away to cool. When it begins to stiffen add pulp of pineapple, oranges, grapefruit and grapes. Turn into ring mold. Serve with lettuce and oil mayonnaise.

(Mrs. Claude F. Pugh)

FROZEN TOMATO JELLY

1 can tomatoes
Salt
Some stalks of celery
Onion
Mayonnaise
Whipped cream or whites of 2 eggs beaten stiff

Boil tomatoes, celery, onion, salt together, strain and cool. Put into freezer. When the consistency of water-ice, fold in a little mayonnaise into which you have first added cream or eggs. Put into mould and freeze.

(Mrs. T. D. Chantler)

FROZEN FRUIT SALAD

Sections of grape fruit, orange, canned peaches, pineapple and any other fruits desired. Sweet fruits prepared, also maraschino cherries. Mix with mayonnaise, that has been mixed half and half with very stiff whipped cream. Put in mould and pack in ice and rock salt for two hours, or more.

(Louise M. Packard)

TOMATO JELLY SALAD

Strain liquor from can of tomatoes (about 2 cups).

3 cloves
1 Bay leaf
½ teaspoon thyme
1 teaspoon salt
1 teaspoon sugar
½ teaspoon pepper
¼ teaspoon onion juice

boil five minutes, strain.

Add ½ oz. gelatine that has been soaked in ½ cup of water. Strain again and pour into individual molds. This salad is delicious if celery and olives are added when gelatine is partly stiff.

(Mrs. Walter C. Carroll)

APPLE AND DATE SALAD

4 apples
12 dates
½ cup chopped English walnuts
Mayonnaise

Cut apples and dates in small pieces, mix with oil mayonnaise, sprinkle nuts on top. Serve on lettuce. This amount will serve six.

(Mrs. G. K. Grubbs)

GRAPEFRUIT, ORANGE AND NUT SALAD

Arrange sections of grapefruit and oranges like the petals of a flower, on a round dish, covered with lettuce. In the center put English walnuts meats that have been broken in quarters. Pour over a little French dressing, to which has been added a little sugar and tomato catsup.

PINEAPPLE SALAD WITH GOLDEN DRESSING

6 slices of canned pineapple
6 large Maraschino cherries
Cream or Neuschatel cheese
Lettuce heart

Arrange the salad individually; place a slice of pineapple on each nest of lettuce leaves. Sprinkle with cheese which has been put through a potato ricer, and fill the hole in the pineapple slices with cherries.

Serve with golden dressing.

GOLDEN DRESSING

¼ cup pineapple juice
¼ cup orange juice
¼ cup lemon juice
2 eggs
½ cup sugar
½ cup heavy cream

Heat the fruit juices in double boiler. Beat eggs light, gradually adding sugar; combine with the hot juice and cook to the consistency of custard. Remove to a dish of cold water; beat until cool and then fold in cream whipped stiff. The dressing may be made beforehand, and the whipped cream added just before serving. This dressing is suitable to serve with almost any fruit salad.

PERFECTION SALAD

1 envelope gelatine
½ cup cold water
½ cup mild vinegar
1 pt. boiling water
1 teaspoon salt
Juice of 1 lemon
½ cup sugar
1 cup finely chopped cabbage
2 cups celery cut in small pieces
¼ can pimentos, chopped

Soak gelatine in cold water 5 minutes, add vinegar, lemon juice, sugar, salt, boiling water. When beginning to set add chopped vegetables. When cold serve on lettuce with mayonnaise.

Use any left over fruit gelatine by cutting into cubes and adding to fruit salad.

FROZEN FRUIT SALAD

Canned pineapple
Cherries
Marrons
Bananas
Oranges
Tangerines
Grape fruit

Cut in very small cubes. Mix with dressing and put in mould. Pack in equal parts of ice and salt for two hours.

DRESSING

Melt 1 tablespoon butter, add yolks of 2 well beaten eggs.

3½ tablespoons flour
3 tablespoons sugar
½ teaspoon paprika
Few grains cayenne
⅔ cup milk
⅓ cup cider vinegar

Boil until thick. When ready to mould, add 1 cup whipped cream for each ⅓ cup of dressing and 1 cup fruit.

(Mrs. R. P. McChesney)

POTATO SALAD

Cut cold boiled potatoes into small pieces. Place in a deep dish alternate layer of potato, chopped onion, celery and hard boiled eggs. Pour over this the hot dressing and mix thoroughly.

DRESSING

To ½ cup vinegar, add ½ teaspoon mustard, 2 tablespoons flour, a little salt, lump of butter and cup of milk. Boil, stirring constantly until a thick custard.

(Mrs. W. C. Anderson)

SALAD MODERNE

Peel and cut 4 apples (Julienne) and prepare 2 stalks of celery in same manner, ⅔ apple to ⅓ celery; season with mixture salt, pepper and paprika; mix thoroughly with two spoons light mayonnaise, and serve in a cut-out apple with a sprinkle of chopped nuts on top. (Hotel Astor)

SALAD MIAMI

Garnish all around a heart of lettuce with slices of grape fruit and oranges and small quarters of tomato, cut in fancy shapes; in the middle of a heart put a Julienne of cut celery and apples; on top place a small bouquet of watercress; decorate all around dish on outside and on top with pieces of apples cut regularly with fancy vegetable cutter. Serve with French dressing separately. (Ritz-Carlton Hotel)

Use gelatine often, in desserts and salads. Use it with scraps of meat and soup stock and make aspic loaf for luncheon.

ASPARAGUS SALAD

Use a French dressing and sprinkle picklelily over the asparagus.

KING SALAD

Arrange slices of tomatoes on a bed of lettuce (shredded). On half slices pile chopped celery, on the other half of the slices pile finely chopped watercress. Garnish with ribbons or green pepper and serve with French dressing.

PINEAPPLE AND MARSHMELLOW SALAD

1 large can pineapple
8 large slices
½ lb. soft marshmellows
1 pint whipping cream
Juice 1 lemon
1 level teaspoon salt
½ teaspoon paprika

Cut marshmellows in quarters and the pineapple in same size pieces, put in bowl and pour over juice from pineapple. Let stand in ice chest two hours. Near serving time—whip cream, add salt, paprika and lemon juice, mix well. Put lettuce on salad plates, drain pineapple and marshmellows, put large spoonful on lettuce, then cover with large spoonful whipped cream dressing. This will serve nine persons.

(Mrs. D. L. Gillespie)

OYSTER SALAD

12 large oysters
1 cup cold chicken or turkey
1 cup celery

Scald oysters in their liquor. When ruffled, pour into a colander to drain. When quite cold, cut them in small pieces and mix with the chicken and celery.

DRESSING

3 hard boiled eggs
2 tablespoons mustard
1 tablespoon butter
2 tablespoons good vinegar
Pepper and salt to taste

Pour over oysters just before using.

(Mrs. E. R. L., Meadville)

TOMATO SALAD

Whole tomatoes
Boiled chestnuts
Celery
Olives

Remove center of tomatoes, fill with chopped chestnuts, celery and olives mixed with French dressing. Put a bit of mayonnaise on top.

To keep lettuce fresh: Wash without separating head, place in tightly covered bowl and put in refrigerator. Early cabbage can be kept the same way—good for days.

SUMMER SALAD

2 tablespoons granulated gelatine soaked in ½ cup water
2 large cucumbers
1 can shredded pineapple
Juice of 1 lemon

Grind cucumbers. Drain juice from cucumbers and pineapple. Heat with lemon juice and pour over gelatine. When cold, add cucumber and pineapple pulp. Put in individual molds and serve with mayonnaise.

(Mrs. C. R. Peddle)

POTATO SALAD

Use five medium sized fresh boiled potatoes. Slice them and pour over them

1 tablespoon vinegar
1 tablespoon olive oil
1 teaspoon salt and a dash or two of pepper

Add mayonnaise dressing and garnish with large green olives.

APPLE SURPRISE

Make a hole about 1½ inches wide at top of a red apple and scoop out apple up to the skin. Fill with a salad made of apple, celery, ham and chicken cut up in dice and mixed with mayonnaise seasoned with paprika. Put on cover and serve on watercress. (Biltmore Hotel)

PINEAPPLE SALAD

1 fresh pineapple
Celery
Spanish pimentos

Cut top of pineapple, scoop out fruit, leaving shell. To two cups of pineapple meat add 1 cup celery and mix with cream mayonnaise. Fill shell with fruit salad, lay on its side on the platter. Sprinkle over top of the salad finely chopped Spanish pimentos. Garnish with small lettuce leaves and strawberries, cherries, or fresh currants. Place top of pineapple on one side of platter. Any combination of fruit may be used with the pineapple. A wide ribbon tied around pineapple with bow sticking up as the shell lays on the platter adds much to the attractiveness of the dish.

GINGER ALE AND FRUIT SALAD

2 tablespoons gelatine
2 tablespoons cold water
⅓ cup boiling water
1 cup ginger ale
2 tablespoons sugar
A little salt
1 apple
Shredded pineapple
Celery
Preserved ginger
1 lemon

Make a jelly using the gelatine soaked in the cold water, and dissolved in the boiling water; add the ginger ale, sugar, salt and juice of one lemon. When jelly begins to set fold in apples pared, cored and cut in thin slices; celery and preserved ginger. Cut in small pieces; add the shredded pineapple, turn into small moulds and chill. Serve on lettuce with cream mayonnaise. (Mrs. Frederic I. Merrick)

Accessories for Salads

CHEESE ROLLS

3 cakes Philadelphia cream cheese
1 cake Snappy cheese
½ doz. stuffed olives
A few chives
A little parsley
½ lb. unsalted pecans
1 tablespoon Worchestershire sauce
Butter size of walnut
¼ teaspoon soda in a tablespoon of water
Paprika

Mix cheese and butter thoroughly,—add chopped olives, parsley, chives and other ingredients. Roll in chopped nuts. Serve with toasted crackers.

CORNMEAL CRISP (Salad Wafers)

½ cup cornmeal
½ cup wheat flour
½ teaspoon salt
1 tablespoon fat
3 tablespoons milk

Mix cornmeal, flour and salt, then add fat and milk. Roll this and cut into small wafers. Bake in hot oven.

CHEESE BALLS

One and one-half cups grated cheese, white of one egg,
pinch of salt, dash of red pepper,

Mix well, roll into small balls, put in ice box for one hour or more and fry in deep fat.

(Mrs. William Maclay Hall)

CORN STICKS

2 cups cornmeal
1½ cups milk
Pinch of salt
2 heaping teaspoons Royal baking powder

Bake in corn stick irons for 30 minutes. Grease irons well with Crisco. (Mrs. S. R. Gallagher)

CHEESE WAFERS

2 oz. grated cheese
2 oz. flour
2 oz. butter
Few drops lemon juice
1 yolk of egg
Little Cayenne pepper and salt.

First, cream cheese, flour and butter; add rest of recipe, work and roll out on board in plenty of flour. Cut in shapes.

(Miss Lillian G. Dermitt)

Salad Dressings

RUSSIAN DRESSING

1 cup mayonnaise
2 tablespoons chili sauce
½ doz. olives, chopped fine
A little onion

(Mrs. Columbus J. Wilson)

WESSON OIL MAYONNAISE

Wesson oil
Yolk 1 egg
1 teaspoon salt
Paprika
Dash cayenne
Mustard if desired
2 dessertspoons lemon juice

Mix egg slightly beaten, salt, paprika, mustard and cayenne. Stir unto this mixture with Dover beater the lemon juice; add teaspoon at time of the oil, continually beating to the right consistency.

Formula can be followed using any good oil.

CREAM DRESSING (For Cold Slaw)

1 cup vinegar
1 teaspoon salt
1 tablespoon sugar
Butter, size of hickory nut

Let come to boil; pour this mixture over two well beaten eggs, stirring all the time. Replace on stove and let come to boil; pour dressing over cut-cabbage and set aside to cool. Just before serving add ½ cup cream.

(Mrs. G. E. House)

BOILED SALAD DRESSING

3 yolks of eggs
1 cup milk
½ cup vinegar
1 teaspoon mustard
1 teaspoon salt
Cayenne
1½ tablespoon butter or 1 cup oil
1½ tablespoon flour
1½ tablespoon sugar

Mix all dry ingredients; add butter, eggs, then milk, then vinegar.

(Mrs. H. A. Ross)

SIMPLE SALAD DRESSING (Without Oil)

1 teaspoon prepared mustard
1 teaspoon sugar
Pinch of salt
2 tablespoons cream (sweet or sour)

Beat thoroughly just before using.

(Mrs. A. M. Imbrie)

FRENCH DRESSING

1 tablespoon lemon juice or vinegar
3 tablespoons Wesson oil
1 teaspoon salt
1 teaspoon paprika

Have oil and lemon cold; beat all together with Dover egg-beater.

FRENCH DRESSING

To ½ teacup vinegar add:

1 cup water
4 tablespoons olive oil
½ teaspoon salt
Pepper
1 teaspoon sugar
A bit of onion juice

Vary dressing by using any left-over pickle vinegar, horseradish, Worcestershire sauce, catsup, etc., omitting the sugar.

(Mrs. W. H. R. Hilliard)

FRENCH DRESSING

½ cup oil
½ teaspoon ice water
vinegar
Salt, red pepper
Catsup
Olives

Beat thoroughly oil and water, add vinegar and salt, pepper, according to taste. The catsup and chopped olives may be omitted.

When warming anything in the oven, place a pan of boiling water on bottom of oven. The steam will prevent the food from drying.

Sauces

Especial attention must be given to seasoning of dishes which have as their foundation beans, rice, or other foods having little flavor of their own.

Use peppers, onions, garlic, leek, celery, catsup, Worcestershire sauce, etc., for increasing flavor. Bean and nut loaves should be served with highly seasoned sauces.

ITALIAN TOMATO SAUCE

2 cups cooked tomatoes
½ cup finely cut onion
½ cup grated or cut carrot
½ cup grated or cut turnip
2 teaspoons salt
½ cup cut green peppers
4 tablespoons butter substitute or vegetable drippings
2 tablespoons flour

Cook vegetables (except tomato) in the fat until tender. Add tomato and salt, cook 5 minutes. Put through strainer, return to fire, add flour mixed with 2 tablespoons cold water, boil 5 minutes.

(U. S. Food Administration)

PIMENTO SAUCE

Force canned pimento through a strainer. Add ½ cup of this puree to 1 cup of white sauce.

BROWN NUT SAUCE

2 tablespoons drippings or vegetable oil
2 tablespoons peanut butter
3½ tablespoons flour
1½ cups meat or vegetable stock or milk
½ teaspoon salt
Few grains pepper

Brown the fat, add peanut butter and when well mixed add flour and continue browning. Pour in the stock gradually, stirring constantly. Bring to the boiling point and add salt and pepper.

(U. S. Food Administration)

MOCK HOLLANDAISE SAUCE

2 tablespoons butter
2 tablespoons flour
½ cup milk
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne pepper
2 eggs, yolks
1 tablespoon lemon juice

Mix the butter with flour until well blended. Add milk and seasonings. Bring to boiling point. Stir in yolks beaten add butter, bit by bit, and lemon.

MUSTARD SAUCE A LA PLAZA HOTEL

Take ½ teaspoon mustard, rub into tablespoon butter, and stir into hot Hollandaise sauce, highly seasoned. A good sauce for fish.

NUTMEG SAUCE

Serve with brown pudding.

3 cups water
1 tablespoon butter
1 grated nutmeg, sweeten to taste

Thicken with the cornstarch dissolved in water. Cook until it thickens.

CORNSTARCH SAUCE

One tablespoon cornstarch and add boiling water until thick. Sweeten with maple sugar, a little butter, nutmeg and brandy, and boil a few minutes.

HARD SAUCE

1 cup powdered sugar
¾ cup butter
1 egg well beaten

Cream butter and sugar. Add egg and vanilla and before serving, grate a little orange peel over the top.

(Mrs. Claude F. Pugh)

COTTAGE PUDDING SAUCE

½ cup sugar
White of 2 eggs beaten
½ cup butter
1 pint of water
1 nutmeg and a small handful of flour, stir like starch and boil in double boiler

(Mrs. Mortimer C. Miller)

GOLDEN SAUCE

Two tablespoons butter beaten to a cream, to which add ⅔ cup powdered sugar. Add the unbeaten yolks of 2 eggs and 2 tablespoons sherry wine. Have the whites of eggs beaten stiff and stir into mixture. Set bowl in a pan of boiling water and stir for 5 minutes. Serve at once

(Miss Emma B. Suydam)

VANILLA SAUCE

Whites of 2 eggs
½ cup pulverized sugar
Vanilla to taste
Yolk of 1 egg
2 tablespoons milk
1 tablespoon cream

Beat whites of eggs very stiff. Add pulverized sugar, beat well, then add yolk of egg, milk and cream. Serve immediately.

MARYLAND SAUCE (See Rice Puffs)

½ cup fruit juice
4 tablespoons brown sugar
2 tablespoons butter or substitute
Yolks of 2 eggs

Cream butter and sugar together, add well beaten yolks, add the fruit juice. Cook in double boiler until desired consistency.

CREAM SAUCE WITH CHEESE

Make a white sauce and when cooked, stir in grated cheese. Excellent for rice croquettes.

SAUCE FOR BEETS

1 tablespoon butter
1 tablespoon sugar
1 tablespoon flour
1 tablespoon vinegar
1 cup water

Boil beets cut in dice, then boil in sauce for 15 minutes.

(Mrs. H. A. Ross)

WHITE SAUCE

2 tablespoons butter or substitute
1½ tablespoons flour
1 cup scalded milk or cream
¼ teaspoon salt
Few grains pepper

Put butter in sauce pan, stir until melted and bubbling. Add flour mixed with seasonings, and stir until thoroughly blended. Pour on gradually the milk, adding about ⅓ at a time, stirring until well mixed, then beating until smooth and glossy.

Sandwiches

UNEEDA BISCUIT CLUB SANDWICH

Butter Uneeda Biscuit, put in a slice of fried bacon, a slice of onion and a very thin slice of tomato, also a little prepared mustard if desired. Very tasty.

TOASTED GRAHAM SANDWICHES

Mix Philadelphia cream cheese, with ground nuts, spread between buttered graham bread, toast quickly in hot oven.

(Lillian G. Dermitt.)

NORWEGIAN SANDWICHES

½ cup mayonnaise
3 hard boiled eggs
Chopped fine
2 teaspoons of anchovy paste
Rye bread

Rose sandwiches served with Ginger Punch (see beverages). The bread is spread lightly with butter, then with cream cheese, and crushed raspberries.

DELICIOUS SANDWICHES

Have round slices cut from graham bread and in top slice of each sandwich have a hole the size of a quarter into which lay half an English walnut.

Filling—Mix a little olive oil with white cream cheese and then add some chopped stuffed olives and walnuts.

(Mrs. T. D. Chantler.)

CELERY SANDWICHES.

1 cup finely shredded celery
¼ cup finely chopped nuts
¼ cup chopped olives

Mix together, moisten with mayonnaise and spread between thin slices of brown bread.

CINNAMON TOAST

Toast bread, spread thickly with butter; add sugar and ground cinnamon mixed together and put in hot oven until sugar melts.

DATE SANDWICHES

For filling:

1 lb. dates, cut small
½ cup sugar
½ cup water
Boil to paste and cool

½ cup brown sugar
½ cup butter
½ cup lard or Crisco
½ cup milk
2 cups rolled oats or flour to make stiff dough
2 teaspoons baking powder
½ teaspoon salt

Roll the dough out thin; spread half of it with filling mixture; place another layer of dough on top; cut in strips about 1½ by 4 inches and bake.

(Miss Anna Dake McCague)

SANDWICHES

Any sandwiches that are dry except those made with fresh lettuce or tomatoes, are delicious if toasted and served hot.

PEPPER HASH SANDWICHES (refer to pickles)

Drain vinegar from pickles. Spread between thin slices of buttered bread.

BEAN SANDWICHES

Baked beans mashed to a paste, add mustard, a few drops of vinegar and finely chopped celery leaves. Excellent served between slices of brown or white bread.

Beans may be mixed with mayonnaise.

CHEESE DREAMS

Work together 1 cup grated yellow cheese and ⅓ cup Philadelphia cream cheese—with paprika to taste—to a smooth paste. Put between slices of bread cut in rounds or any fancy shape and sautes in butter or butter substitute. Serve immediately with salad. Are very good toasted.

(Mrs. S. B. McCormick)

NUT AND CHEESE LOAF.

2 large squares of Philadelphia cream cheese—chop conserved fruits and nuts, mix all together, mould in loaf, roll in ground nuts. Cut in slices and serve with salad.

Save all good wrapping paper, twine, paper boxes and paper bags. Keep them for use in a convenient place.

SANDWICH FILLINGS

1 cup cold roast chicken
6 olives
1 tablespoon of capers
1 pickle

Mince very fine and mix with mayonnaise.

Cold roast chicken and finely shaved celery mixed with mayonnaise.

Caviare mixed with lemon juice, grated onion and paprika. Use rye bread.

Cucumber, grated onion and mayonnaise.

Dutch cheese and finely chopped water cress.

Dates chopped very fine, with one half the quantity of English walnuts, or pecans.

Cream cheese and Bar Le Duc mixed to a paste.

Orange marmalade and English walnut meats chopped.

Raisins chopped fine and worked to paste with sherry.

Sardines made to a paste with lemon juice.

Grind green and red peppers and hard boiled eggs, mince with mayonnaise.

TUNA FISH

Take canned tuna fish, add capers or chopped pickle, mix with mayonnaise and use as filling for sandwiches.

(Miss Addah Gerdes.)

Cakes

FRENCH ARMY CAKES
as made in France

Boil 5 minutes the following:

2 cups brown sugar
2 cups hot water
2 tablespoons shortening
1 teaspoon salt
1 box raisins

Cool, and add the following:

1 teaspoon cloves
1 teaspoon cinnamon
Grated nutmeg
3 cups flour (or 2 cups wheat flour and 1 cup graham flour)
1 teaspoon soda in a teaspoon hot water

Bake in slow oven for about 1 hour. Use a pan with center spout. This cake is better if not cut when fresh.

(Mrs. A. W. McEldowney.)

TEA CAKE

1 large tablespoon butter or Crisco
2 eggs
2 cups flour
½ cup sugar
½ cup milk
1½ teaspoons Royal baking powder

Mix in the order given. Beat whites of eggs separately and put in last of all. Measure the flour after sifting and use just two even cups. Put in two cake pans and put small pieces of butter on top and sprinkle sugar and cinnamon over all. Bake in fairly hot oven.

(Mrs. H. A. Ross.)

ROSS LUNCH CAKE—WAR CAKE

Boil together for about 4 or 5 minutes:

1 cup raisins
1 cup currants
1 cup water
1 cup sugar
½ cup lard
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg

Let this cool.

Mix—1 cup chopped English walnut meats into 2 cups flour; 2 teaspoons baking powder and 1 level teaspoon baking soda. Mix all together and bake in a moderate oven.

(Mrs. H. A. Ross.)

"USE OTHER FATS IN PLACE OF BUTTER AND LARD."

Chicken fat makes good pastry. Solidified vegetable oils are valuable. Oleomargarine may often be used. Drippings and bacon fat are worth their weight in gold. Use these and any other substitutes.

"PRINCE OF WALES CAKE"

½ cup butter
1 cup brown sugar
1 cup sour milk
2 eggs
1 teaspoon soda
1 teaspoon vanilla
1 teaspoon cinnamon
1 teaspoon ground clover
½ teaspoon alspice
2 tablespoons N. O. molasses
2 cups flour
1 cup chopped raisins added last

(All measurements level)

(Mrs. T. D. Chantler)

WAR CHOCOLATE LAYER CAKE

Cake

1½ cups of the clear white Karo syrup
½ cup of Crisco
3 eggs
1 cup of milk
3 cups of white or mixed flour
3 even teaspoons of baking powder
¾ cup of cocoa to the batter may be added

The flour used can be part white flour, with whole wheat, rye, or rice flour added in equal portions. One egg white can be retained for icing if desired.

Chocolate Between Layers

¾ cup of Baker's cocoa
1 cup of white Karo syrup
½ cup sugar
Small piece of butter or Crisco
Vanilla to flavor or not, as desired

Small piece of butter or Crisco Vanilla to flavor or not, as desired.

(Mrs. Albert Kingsbury.)

DATE TEA CAKE

1 lb. chopped dates
1 lb. English walnuts
1 cup sugar (brown or maple)
1 cup rice flour
2 teaspoons baking powder
½ teaspoon salt

Yolks and whites of 4 eggs beaten separately, then together, mix all together. Bake in small bread pan, in moderate oven.

(Mrs. William Thaw, Jr.)

NUT CAKE

¼ lb. almonds
¼ lb. English walnuts
½ lb. granulated sugar
1 teaspoon vanilla
9 or 10 eggs

Beat the sugar and egg yolks together for ¾ hour (this is the most important part of the cake). Add the nuts rolled very fine; then the whites of eggs beaten stiff. Pour into buttered cake tins and bake ¾ hour.

(Mrs. C. A. Rook)

CHOCOLATE MOLASSES CAKE

⅓ cup molasses
⅙ cup boiling water
1 tablespoon shortening
½ cup flour
¼ cup cornflour
⅓ teaspoon soda
⅓ teaspoon cinnamon
⅓ teaspoon salt
1½ squares melted chocolate
½ teaspoon vanilla

Mix molasses, water and shortening. Mix and sift flour, corn flour, soda, cinnamon and salt; add to first mixture with chocolate and vanilla. Beat thoroughly, and bake in small greased muffin pans.

INEXPENSIVE CHOCOLATE CAKE

1 egg yolk
1 cup sugar
1½ cups flour
1 teaspoon soda
1 cup sweet milk
1 tablespoon butter
4 small or 2 large squares unsweetened chocolate

Cream egg and sugar; add milk with soda dissolved in it, then flour, and lastly, the chocolate and butter melted together. Easily made.

(Mrs. D. M. Buck)

WHITE LOAF CAKE—Bake in Tube Pan

1½ cups sugar
¾ cup butter cream together
Pinch salt
3 well beaten eggs
¾ cup milk
3 cups sifted flour
2 teaspoons Royal baking powder
1½ teaspoon vanilla

Makes a big loaf.

WHITE LAYER CAKE—Two Thick Layers

1½ cups sugar
½ cup butter
1 cup milk
Cream together
2 teaspoons Royal baking powder
1 teaspoon vanilla

Put in last 3 beaten whites of eggs with pinch of salt.

POTATO CARAMEL CAKE

1 cup sugar
⅓ cup butter
1 cup hot mashed potatoes
1 cup grated chocolate
½ teaspoon cloves
1 cup chopped nuts
1 teaspoon cinnamon
1 teaspoon nutmeg
1 cup flour
1 teaspoon Royal baking powder
1 teaspoon vanilla

Cream butter and sugar yolks of eggs. Then potatoes, spices and chocolate. Sift Royal baking powder in flour. Beat batter, add well beaten whites of eggs and nuts last. Bake one hour. Makes a large loaf. (Mrs. H. A. Ross)

ANGEL FOOD

Whites of 11 eggs
1½ cups granulated sugar
1 cup bread flour
½ teaspoon cream of tartar
1 teaspoon of vanilla

Do not beat hard, stir rather.

(Mrs. Louise M. Packard)

ANGEL CAKE

Whites of 10 eggs, cold and well whipped. Put a good pinch of salt in eggs and when partly beaten add ½ teaspoon cream tartar and beat well; 1 teaspoon vanilla, gradually add 1 cup granulated sugar that has been sifted five times, beat well; then carefully fold 1 cup flour sifted five times before measuring, and do not beat the batter after the flour is in.

Bake in a tube loaf in moderate oven 40 or 45 minutes. Baking too long makes it dry. It must rise above the pan before it begins to brown; if the oven is too hot, cool it by opening the door, it will not hurt the cake.

GOLD CAKE, To Use 8 Yolks Left Over from Angel Cake

8 yolks well beaten, add
1 cup sugar and
¼ cup butter creamed together
½ cup milk
1½ full cups flour sifted 5 times before measuring
2 teaspoons Royal baking powder
1 teaspoon vanilla
Pinch salt

Bake in moderate oven 40 or 45 minutes. Make 2 layers, or loaf.

(Mrs. F. M. Fuller)

LILLY CAKE

⅓ cup nut margarine
1 cup sugar
½ cup milk
1¾ cups flour
2½ teaspoons baking powder
⅓ teaspoon lemon extract
⅔ teaspoon vanilla extract
Whites of 3 eggs

Use with maple icing. See icings.

(Mrs. Walter C. Carroll)

MT. HICKORY ONE-EGG CAKE

1 egg
1 tablespoon butter
¾ cup milk
1¾ cup flour
2 teaspoons baking powder
½ cup sugar
Vanilla

Cream, butter and sugar, add beaten egg. Mix baking powder in flour. Add milk and flour alternately. Add vanilla last.

(Mrs. Frank Pierce)

MOTHER'S BLACK FRUIT CAKE

1 cup molasses
1 lb. sugar
1 lb. butter
1 lb. flour
1 lb. citron
3 lbs. currants
4 lbs. raisins
4 tablespoons cloves
2 nutmegs
9 teaspoons cinnamon
2 lemons
1 tumbler brandy
1 teaspoon soda
1 doz. eggs

Make in small cakes for mailing to soldiers.

Bake 2 to 3 hours or until splint comes out perfectly dry.

(Miss Helen Barclay)

SWEDISH SPONGE CAKE

4 eggs
1 cup sugar
1 teaspoon lemon juice
½ cup Swedish potato flour
pinch soda and
Cream of tartar

Beat the yolks very stiff and add the sugar gradually; then other ingredients. Fold in stiffly beaten whites last. Bake 40 minutes in a slow oven.

(Mrs. Wesley G. Carr)

SPONGE CAKE

5 large or 6 small eggs
1 cup sugar
1 cup sifted flour
Juice of ½ and rind of whole lemon

Beat eggs (without separating) and sugar together for 30 minutes. Carefully fold in flour and bake 1 hour.

Sponge cake should be served while fresh and broken apart rather than cut.

(Mrs. Joseph H. Moore)

TO MAKE SPONGE CAKE MORE DELICIOUS

After scrubbing an orange grate the rind into the batter. Add also 2 tablespoons of the juice.

(Mrs. T. D. Chantler)

BARLEY SPONGE CAKE

4 eggs
1 cup sugar
1 tablespoon hot water
½ cup barley flour
½ cup wheat flour
1½ teaspoons baking powder
¼ teaspoon salt
1 teaspoon lemon juice

Beat yolks of eggs until stiff, add sugar very gradually. Add the water and the flour, mixed and sifted with the baking powder and salt. Fold in the whites of the eggs beaten with lemon juice until stiff. Bake in a quick oven.

Suet it the best fat for greasing cake pans. Cut a bit from each steak you buy, and keep in a cold place.

PIN WHEELS

1 qt. flour
½ teaspoon salt
2 teaspoons baking powder
Sift 4 times
2 teaspoons butter
1 cup milk
2 eggs

Mix milk and eggs, then add to other ingredients, mix well, roll out ½ inch thick, sprinkle with currants, sugar, cinnamon. Roll like jelly cake and cut into slices.

(Mrs. E. H. Dermitt.)

SOUR CREAM GINGERBREAD

1 cup sugar
½ cup butter
1 cup sour cream
1 cup molasses
2 eggs
1 tablespoon each ginger, all spice, and cinnamon
2 teaspoons baking soda dissolved in ½ cup of boiling water
3½ cups of sifted flour

Mix all at once. The addition of thin strips of orange peel imparts a delicious flavor.

(Mrs. Claude F. Pugh)

SOFT GINGER BREAD

1 cup butter and lard mixed
½ cup brown sugar
Yolks of 2 eggs
1 cup N O molasses
2 teaspoons soda, dissolved in 2 tablespoon boiling water
½ teaspoon salt
2 tablespoons cinnamon
1 teaspoon cloves
½ teaspoon allspice
1 cup cold water
2½ cups sifted flour
Whites of eggs beaten stiff

(Mrs. Silas Benham)

NO EGG MOLASSES GINGER BREAD

1 cup molasses
1 teaspoon soda
2 tablespoons shortening
½ cup boiling water
1 teaspoon ginger
1 pinch salt
1 pint flour (no more)

Add boiling water last. Dissolve soda in water and season with ginger and cloves. This will spread stiff in the pan, but is crisp and good.

NEW ENGLAND COOKIES

3 cups brown sugar
1 cup lard
1 teaspoon soda dissolved in 1 cup hot water
Flour enough to mix
1 teaspoon cinnamon
1 teaspoon salt

Roll very thin and sprinkle with granulated sugar.

(Mrs. E. F. Gerber)

SUGAR COOKIES

¾	cup granulated sugar	1	teaspoon cream tartar
1	cup brown sugar	2	eggs
1	cup butter		Flour to stiffen and roll out
½	cup sweet milk	1	teaspoon vanilla
1	level teaspoon soda		Pinch salt

Makes four dozen.

INEXPENSIVE COOKIES

2	cups flour	1	cup brown sugar
¾	cup butter	1	egg

Work sugar, butter and flour well together, then add egg. These are better if let stand an hour before rolling out. After cutting, place a half almond in the center of each cookie. Bake a delicate brown in oven.

(Mrs. S. F. Read)

SPONGE WAFERS

5 eggs	1 cup rice flour
1 cup sugar	Lemon or vanilla

Beat yolks of eggs and sugar together for half hour, add flavoring. Beat the whites and put on top of mixture, then the sifted flour folding all together lightly.

Drop one teaspoon of mixture on baking pan, that has been greased and rubbed with flour. Place half blanched almond on each. Bake in slow oven 12 or 15 minutes.

This will make 4 or 5 dozen.

(Mrs. S. A. Pickering)

CHOCOLATE FRUIT COOKIES

	cup fat		sugar and 1 tablespoon hot water
½	cup sugar	½	cup chopped [illegible]
½	cup nuts	1	cup rye flour
1	teaspoon baking powder	1	egg
2	tablespoon grated chocolate mixed with 1 tablespoon		

Cream fat, add sugar slowly. Beat egg and combine mixture; add [illegible] mixed in hot water with sugar. Add other ingredients and [illegible]. Roll on board [illegible]. Bake moderate oven. Make 24 [illegible] cost of [illegible]

(Mrs. [illegible])

Add one-half teaspoon ground ginger to all doughnut or cruller recipes. It will prevent the absorption of fats.

JOLLY BOYS

2½ heaping tablespoons yellow cornmeal
2 heaping tablespoons white flour
1 tablespoon sugar
A little salt
1 teaspoon baking powder
1 egg
½ teaspoon melted butter

Sift thoroughly cornmeal, flour, sugar, salt and baking powder; add to the dry mixture 1 egg with enough milk to make a drop batter; stir in quickly half teaspoon melted butter; beat well and drop by teaspoon in hot fat.

CREAM SCONES

2 cups flour
4 teaspoons baking powder
2 teaspoons sugar
½ teaspoon salt
4 tablespoons butter
2 eggs
⅓ cup cream or milk

Mix and sift together flour, baking powder, salt and sugar. Rub in butter with tips of fingers and add eggs well beaten, then cream. Toss on floured board, pat to ¾ inch thickness. Cut and brush with white of eggs, sprinkle with sugar. Bake in hot oven 15 minutes.

DROP SPONGES

cup pulverized sugar
cup flour
Yolks of 2 eggs
White of 3 eggs

Beat whites of eggs stiff, add sugar; beat yolks very [illegible]. Fold in flour last. Drop on paper, not buttered, and bake 8 minutes.

FRUIT CAKE

[illegible] brown sugar
[illegible]
[illegible] separately
[illegible] milk
[illegible] flour
[illegible] cornmeal (thoroughly scalded with hot water about 2 cups)
[illegible] cut [illegible]
2 lbs. small raisins
2 lbs. large [illegible]
½ [illegible]
Shred [illegible]
[illegible]
2 [illegible]

[illegible] or with mace and cinnamon, dredge fruit [illegible] portion of the flour; line pan with dressed brown paper [illegible] top with nuts and cherries. [illegible]

(Mrs. W. M. [illegible])

Try putting a few whole cloves in the fat when frying doughnuts.

LAYER CAKE To Fill With Whipped Cream or a Custard Filling or Jelly

1 cup sugar
½ cup butter scant
½ cup milk
Cream together
3 eggs well beaten
2 cups sifted flour
2 teaspoons Royal baking powder
1 teaspoon vanilla
Pinch salt

NOVELTY CAKE

½ cup butter creamed
1 cup sugar creamed
3 eggs, whites and yolks beaten separately
¾ cup sweet milk
28 graham crackers rolled to a dust
1 teaspoon baking powder
½ teaspoon vanilla

Mix like any other cake. Bake in layers or loaf. Ice with any kind of icing. Half cup walnut meats may be added if desired.

CHOCOLATE CAKE

6 eggs
1 tablespoon powdered sugar
½ lb. Maillard's single vanilla chocolate grated (no other will do)
2 tablespoons dried bread crumbs rolled fine

Beat egg yolks with sugar; add chocolate and bread crumbs and mix well. Fold in egg whites beaten stiff and bake in layers.

Put chocolate icing on each layer and after it has set, put whipped cream on each layer and on top. This makes a rich dessert.

(Mrs. C. A. Rook)

HONEY PLUM CAKE

½ cup shortening
½ cup brown sugar
½ cup honey
1 egg
¾ cup milk
2 cups pastry flour
1 teaspoon soda
½ teaspoon salt
½ teaspoon ginger
½ teaspoon nutmeg
½ teaspoon cloves
1 teaspoon cinnamon
1 cup raisins or mixed fruit

Cream the shortening and brown sugar together, add honey and egg well beaten. Mix and sift together all the dry ingredients reserving a little of the flour to dust over the raisins. Add dry ingredients alternately with the milk to the first mixture. Beat well, add raisins, and bake in a well greased and floured loaf pan, in a moderate oven. Honey is unequaled for making small cakes for afternoon teas. Will keep indefinitely.

MARGUERITES

½ lb. dates measured after stoning.
½ lb. nut meats chopped
½ cup sugar
2 eggs
1 teaspoon baking powder
½ cup flour
Salt
Vanilla

Chop nuts and dates together; add sugar and stir well. Sift flour and baking powder together and add yolks of eggs. Cut in whites and add flavoring last.

Bake in a loaf or muffin tins in moderate oven about 45 minutes or 1 hour.

BROWNIES

2 eggs
1 cup sugar
½ cup flour
½ cup butter or substitute
2 squares chocolate, melted
1 teaspoon vanilla
1 cup broken walnuts

Beat eggs and sugar together; add melted butter, chocolate, vanilla, flour, and last of all the broken nuts rolled in a little flour.

Bake in moderate oven 20 minutes in a long pan and cut into squares while hot.

(Mrs. Albert Schultz)

SPICE DROP CAKES—Baked in Gem Pans

1 cup sugar
½ cup butter or substitute cream together
Pinch of salt
1 egg
1 cup sour or buttermilk with 1 level teaspoon soda beaten in milk
2 cups sifted flour with ¾ teaspoon baking powder in flour
Add a little grated nutmeg
1 teaspoon cinnamon
1 teaspoon vanilla

Makes 15 to 18.

(Mrs. F. M. Fuller)

HONEY HERMITS

¼ cup shortening
¾ cup honey
½ teaspoon mixed spices
½ teaspoon salt
1 egg
1 cup chopped raisins
1 teaspoon soda
3 cups pastry flour

Heat the shortening and honey together until the shortening is melted, add the mixed spices using the cinnamon, cloves and nutmeg. Allow it to cool and then add the egg well beaten, raisins and 2 cupsful of flour in which the soda and salt have been sifted. Add more flour if need to make a dough stiff enough to roll out. Roll, cut in squares, and bake in a moderate oven.

(Mrs. V. C. Bane)

HERMITS

2 cups brown sugar
1 cup butter and drippings mixed
3 eggs
1 level teaspoon soda in a little boiling water
½ teaspoon cinnamon
A little grated nutmeg
Pinch salt
1 teaspoon vanilla
2½ cups flour
1 cup chopped raisins
1 cup chopped nuts

Cream butter and sugar together, add other ingredients, drop from a spoon on greased pans and bake in a moderate oven.

DROP CAKES—Baked in Gem Pans

1 cup sugar
Large tablespoon butter cream together
1 egg
1 cup milk
Pinch salt
2 cups sifted flour
2 teaspoons baking powder
1 teaspoon vanilla

Put in quick oven and bake 25 minutes.

PEANUT COOKIES

½ cake chocolate
½ cup Crisco (or butter)
1 cup brown sugar
1 cup chopped peanuts
2 eggs
2 level teaspoons baking powder
1 cup graham flour

Melt the chocolate in half cup water. Beat sugar and crisco together, add to chocolate; then add the chopped nuts and last the beaten eggs. Mix baking powder in 1 cup of graham flour, or as much flour as will make a batter that will drop easily from a spoon. Drop one teaspoonful at a time on buttered pan and bake.

(Mrs. S. B. Ely)

GINGER SNAPS

2 cups sugar
2 cups molasses
2 cups lard or butter
3 eggs
1 tablespoon soda dissolved in hot water
1 tablespoon cinnamon
1 tablespoon cloves
1 tablespoon ginger
1 tablespoon salt
1 tablespoon nutmeg
1 tablespoon vanilla
Flour enough to roll

It is well to mix the night before. Set away in a cool place and roll out the next morning.

(Mrs. E. M. Herr)

DROP GRAHAM CAKES

1 cup sour cream
1 teaspoon soda
1 cup sugar
2 tablespoons molasses
2¼ cups graham flour
Nutmeg
Pinch of salt

Drop from spoon on buttered pan and bake slowly.
(Mrs. Paul Sturtevant)

TAYLOR CAKES

1 pint milk
1 cup shortening
1 cup cold water
1 teaspoon salt
1 teaspoon soda
1 cup brown sugar
2 eggs
1 tablespoon each ground cinnamon, cloves, ginger
1 teaspoon baking powder
Flour for soft batter

Mix as for gingerbread and drop on buttered pan.

Note—Can leave out baking powder and use 1 teaspoon soda.

POTATO CORNMEAL CAKES

1 cup sugar
⅓ cup butter
1 cup hot mashed potatoes
1 cup grated chocolate
1 cup chopped nuts
½ teaspoon cloves
1 teaspoon cinnamon
1 teaspoon nutmeg
1 cup flour
1 teaspoon baking powder
1 teaspoon vanilla

Cream butter, sugar, yolks of eggs, potatoes, spices and chocolate. Sift baking powder in flour, add butter, and well beaten whites of eggs and nuts last.

Bake one hour. Makes a large loaf.

OATMEAL COOKIES WITH GRAHAM FLOUR

2 cups Mothers Oats
1 cup sugar (white or brown)
¾ to 1 cup Wesson Oil (according to desired richness)
1¾ cups Graham Flour (or less)
1 cup chopped raisins (or half raisins and half nuts)
1 teaspoon cinnamon
1 teaspoon soda dissolved in 5 teaspoons hot water

Drop small tablespoon of mixture on flat pans.

OAT MEAL COOKIES WITH SOUR MILK

2 cups flour
2½ cups Rolled Oats
1 cup sugar
2 eggs
1 cup shortening
3 tablespoons sour milk
2 teaspoons vanilla
Raisins and nuts to taste

Drop from spoon on buttered tins. Bake about 15 minutes.

LACE CAKE

1 tablespoon butter
2 eggs
1 cup sugar
2 cups Rolled Oats
1 teaspoonful baking powder

Beat the yolks very light; add sugar and melted butter, beat again, then stir in the well beaten whites. Add the rolled oats in which the baking powder has been well mixed. Let mixture stand a few minutes to have the butter mix well with other ingredients. Drop half a teaspoon about three inches apart on buttered tins. Bake slowly.

Maple sugar can be substituted for cane sugar.

(Mrs. H. A. Ross)

WAR TIME MACAROONS WITH COCOANUT

1½ cups Mothers Oats
½ teaspoon salt
½ cup sugar
1 cup cocoanut
1 scant teaspoon baking powder
1 egg well beaten
1 teaspoon Almond Extract

Mix in the order given and when well blended drop mixture from tip of spoon on pan lined with buttered wax paper, one-half inch apart. Bake 4 to 10 minutes according to thickness of cakes. Watch carefully to avoid burning. Makes about 18 macaroons. (Miss Cora Shallenberger)

OATMEAL MACAROONS WITH CORN SYRUP

1 tablespoon fat
⅜ cup corn syrup
2 tablespoons sugar
1 egg
1½ cups oatmeal
2 teaspoons Almond Extract if desired
¼ teaspoon salt
½ teaspoon baking powder
1½ tablespoons flour

Combine the melted fat and the sugar and syrup, add the beaten eggs and stir in the other ingredients. Drop from a teaspoon on greased sheets or pans and bake in a moderate oven for 15 minutes. This makes 25 to 28 cookies about 2 inches in diameter. (Y. W. C. A.)

NUTLETS

1 cup shortening
1 cup honey
1 cup brown sugar
1 cup chopped nut meats
1 egg
2 scant teaspoons soda
1 teaspoon salt
1 teaspoon cinnamon
4 cups pastry flour

Sift the dry ingredients together, beat egg well, and mix in order given. This will make a stiff batter; drop by teaspoon on a greased pan and bake in a moderate oven, as cakes made with honey burn easily. This recipe makes about 8 dozen small cakes.

NUT CAKES (Thin)

1 egg, unbeaten
1 cup maple syrup or brown sugar
2 tablespoons butter or substitute
3 tablespoons flour
1 cup chopped nuts, preferably pecans
Vanilla
Salt

Drop by half teaspoons on greased tins. If brown sugar is used, flavor with vanilla.

(Mrs. Chester B. Albree)

MAPLE JUMBLES

1 cup Maple Syrup
1 egg
½ cup butter
2½ cups flour
1 level teaspoon soda

Beat eggs and butter together and add syrup, put soda in flour and add last. Drop from a spoon on well greased pan and bake about 20 minutes.

(Mrs. Paul Sturtevant)

DOUGHNUTS

1 cup mashed potatoes
1 cup sour milk
1 teaspoon soda
1 cup sugar
1 egg
1 teaspoon baking powder
nutmeg
Flour enough to make a soft dough

Break egg in bowl, add sugar and beat well. Add some milk and soda, the mashed potato, nutmeg and flour.

Cake Icing

CARAMEL ICING

1¼ cups brown sugar
¼ cup granulated sugar
Vanilla
⅓ cup boiling water
2 eggs, whites

Boil sugar and water until it spins a thread. Pour syrup gradually on the beaten eggs and continue beating until mixture is nearly cool. Set mixture in boiling water and cook until it becomes granular around the edge of pan. Remove from pan of water and beat until mixture will hold its shape. Add vanilla and walnut meats. (Never fails)

(Mrs. D. M. Buck)

HONEY ICING

½ cup honey
2 eggs, whites
A few drops of lemon extract

Boil honey until it forms a firm ball when tried in cold water. Pour slowly over the beaten whites of eggs and beat until cold. Flavor with lemon extract. Set over hot water and fold over and over gently for 2 minutes. Spread ½ of this on the cake. Make a small funnel with a small piece of thin, tough writing paper, clip the point and use to decorate the cake with remaining icing. Flowers may be used in the center if desired.

Honey or corn syrup may be substituted for syrup in the boiled frosting. Honey needs a longer cooking than sugar. But the icing holds its shape and remains soft a long time.

WHITE ICING

1 cup sugar
⅓ cup boiling water
1 teaspoon vinegar

Cook until it spins a thread, pour slowly over beaten whites of 2 eggs, then beat until stiff, adding a little vanilla.

NUT CARAMEL ICING

1¼ cups brown sugar
⅓ cup water
1 teaspoon vanilla
¼ cup white sugar
Whites of 2 eggs
¼ cup broken walnut meat

Boil sugar and water without stirring, until it threads. Pour gradually while beating constantly, on beaten whites of eggs, and continue beating until thick. Set pan over hot water and cook until mixture becomes granular on edge of pan. Remove from fire and beat in chopped nuts. Spread on layers and top of cake. (Mrs. Frederic I. Merrick)

MAPLE ICING

Whites of 2 eggs beaten stiff 2 cups Maple Syrup

Boil syrup until it will roll into a ball after being dropped in cold water. Slowly stir syrup into the whites of the eggs beating all the time. Beat until thick enough to spread. This makes enough for a layer cake.

(Mrs. Walter C. Carroll)

Desserts

DATE PUDDING

1 cup chopped walnuts
1 cup chopped dates
4 tablespoons cracker crumbs mixed with 1 tablespoon Baking Powder, yolks of 3 eggs beaten with ¾ cup sugar

To the eggs and sugar add the cracker crumbs and baking powder, then the nuts and dates. Fold in the whites of eggs beaten stiff.

Bake in a moderate oven about 35 minutes. Serve cold with whipped cream.

GINGER BREAD WITH APPLES

GINGER BREAD

1 cup fat
1 cup brown sugar (or Karo)
1 cup molasses
1 scant cup cold water, if using Karo, ¾ cup water
2 eggs
2½ cups flour and ½ cup rye or (1½ cups barley and 1½ cups flour)
2 teaspoons soda
2 teaspoons cinnamon
1 teaspoon cloves
½ teaspoon allspice
1 teaspoon ginger

5 apples
[illegible] cup sugar
[illegible] cup water

Pare core and cut apples into eighths and cook in a syrup made by cooking sugar and water. When the apples are half done, drain well and put into a buttered pan, pour over this any ginger bread mixture and bake. Serve with a sauce made by pouring the syrup in which the apples were cooked over [illegible] well beaten egg. The syrup should be boiling when added to the egg. (Mrs. Jas. Burt)

A SIMPLE CUSTARD

[illegible] milk
2 tablespoons sugar
[illegible] cornstarch
2 eggs (yolks)

[illegible] sugar and [illegible] starch in small pan with handle. [illegible] the egg yolks, blend, then add milk gradually, place over [illegible] it boils up well. [illegible] Divide in [illegible] glasses.

Bake apples and pears in a little water long and slowly so as to form a rich syrup out of themselves. Long, slow cooking also develops a rich flavor in prunes.

MERINGUE

2 eggs
2 teaspoons of sugar
2 teaspoons of cocoa

Whip the whites of eggs until they are very stiff. Mix the sugar and cocoa with a little of egg white then blend all together and flavor with a few drops of vanilla. Put this in sherbet glasses, place glasses on a pan and put on the toaster tray until browned. (Mrs. W. L. Davis)

ST. JAMES PUDDING

1 cup molasses
½ cup butter
1 teaspoon cinnamon and a pinch of various other spices
1 cup sweet milk
1 level teaspoon soda in a little hot water
2½ cups flour

Put in mould greased with butter and steam 3½ hours. Serve hot with hard sauce. (See sauces)

PRUNE PUDDING

1 pt. milk
½ cup flour
1 lemon
3 eggs
4 tablespoons sugar
1 teaspoon salt
1 lb. prunes

Grate lemon and heat half the milk with the grated rind of lemon to a scald. Mix the rest of the milk with flour, cook until thickened and pour into that the lemon, then add sugar. Take from the fire, and add well beaten yolk of eggs. Let stand and cool. Have your prunes well cooked and mash through a colander. Add the juice. Have the whites of the eggs well beaten. Mix prunes with the sauce and fold in the whites of the eggs. Put in baking dish, cook 15 minutes. Serve with hard sauce. (Mrs. C. I. McIver)

"DON'T WASTE FOOD BY SERVING TOO MUCH."

Cook just enough for your family. Do not imagine you are going to have unexpected guests. The chances are that you will only waste good food. Serve smaller portions, so that none will be left on the plate."

"Careless cooking must go."

"Don't let perishable foods perish in your house. Buy only what you need."

CHARLOTTE RUSSE

1 tablespoon gelatine dissolved in ¾ cup coffee
1 pt. double thick cream
Sugar to taste

When whipping, gradually add your sugar, sifting it as you put it in. When cream is thoroughly whipped, gradually pour in the dissolved gelatine, rubbing it through a tea strainer. Have ladyfingers placed around the dish then pour this in the center. A delicious dessert is to place this in a mold, pack in ice for four or five hours and then turn out as you would ice cream. You can use wine for flavoring or fruit juices, dissolving your gelatin first in water but only enough to soften, then add your flavoring to the gelatin.

(Mrs. C. I. McKee)

ORANGE BAVOISE

Juice 3 oranges
1 lemon
2 level teaspoons gelatine
1½ cups sugar
1 pint whipped cream

Dissolve gelatine in ½ cup cold water for 15 minutes, then place bowl in hot water. Add sugar to fruit and gelatine and when partly congealed add whipped cream.

Mould and set on ice to chill.

(Miss Helen Barclay)

WAR PUDDING

Take 5 or 6 stale muffins, cornmeal, rye or graham, cover with milk and when soft beat well and add:

1 tablespoon brown sugar
1 tablespoon molasses
little nutmeg
½ teaspoon cinnamon
¼ teaspoon salt
1 or 2 eggs
1 level teaspoon soda
½ cup raisins or currants

Pour into a well greased dish or custard cups and steam for 1½ hours without lifting the cover. Serve in same dish.

(Mrs. A. W. McEldowney)

WARTIME STEAMED PUDDING

1½ cups Graham Flour
1 cup milk
½ cup molasses
1 cup chopped raisins
½ teaspoon salt
1 level teaspoon soda

Sift the graham flour, but return bran to the sifted mixture. Dissolve soda in milk, add the molasses and salt and pour all over flour. Beat well and add chopped raisins. Butter well a double boiler and pour in mixture. Steam 4 hours with tight lid, keeping plenty of water boiling in lower vessel. Turn out on platter when done. Serve with hard or golden sauce. Forty minutes sufficient for steaming in individual moulds. (See golden sauce).

(Miss Emma B. Suydam)

BAKED APPLES

Apples
Seedless raisins
Butter
Molasses

Pare and core apples of uniform size, fill centers with seedless raisins. Place a small piece of butter and a teaspoon of molasses on each. Put enough water in pan to prevent burning. Mrs. W. W. Wishart)

SPANISH CREAM

½ oz. gelatine
1½ pt. cold milk
Flavor to taste
3 eggs
4 tablespoons sugar

Let gelatine stand in milk ½ hour, then let it come to boiling point. Stir in the beaten yolks of eggs with sugar. Pour this mixture over well beaten whites, put in moulds and serve with cream when cold

GRAPE NUT PUDDING

1 cup grape nuts
½ cup sugar
2 cups milk
1 tablespoon butter or other fat
Pinch salt
1 teaspoon vanilla

Scald milk and pour over grapenuts, let stand until cool. Beat eggs, add sugar and butter and pour into milk and grapenuts mixture. Bake until consistency of baked custard. Serve with cream. (Mrs. Robert Miller)

FIG DESSERT

½ lb. stewing or layer figs
½ lb. seedless raisins
½ lb. paper shelled almonds
½ pint cream

Stew figs until tender (about 1 hour to get a thick syrup). Stew raisins also, 1 hour; put figs and syrup in center of round plate, about the size of a chop plate, then put the raisins around the figs, after that the nuts, adding the cream last, which should be beaten very stiff.

PRUNE WHIP

2 cups of prunes
½ package of Jello or gelatine
½ pt. cream

Boil prunes until they have a thick syrup; stone one-half of the prunes and beat hard, or until they are light; pour ½ pt. boiling water on the Jello, add the beaten prunes when the Jello starts to cool; pour into a mold and set in a cold place.

When the mold is set, turn out on center of round plate, put the whole prunes in their own heavy syrup around the molded whip; beat the cream very stiff and put on top. (A few nuts added to the whole prunes is suggested).

PRUNE PUDDING

1 lb. prunes
3 eggs (whites only)

Boil prunes 1½ hours, or until very little juice is left; seed and beat hard until very light. Beat the eggs stiff and mix lightly into the beaten prunes. Bake in deep dish, 10 to 15 minutes and serve at once. (A custard sauce made from the yellows of the eggs is sometimes used

(Mrs. S. B. Ely)

LEMON PUDDING

Beat the yolks of 3 eggs and mix with ¾ cup sugar, 1 tablespoon of butter, and 1 scant tablespoon of flour. Beat thoroughly and add the juice of 3 good sized lemons and the rind of 1 and 4 tablespoons of chopped walnut meats.

Fold in the whites of 3 eggs after being beaten very stiff. Put in pudding dish and bake until stiff.

MAPLE SAUCE TO BE SERVED WITH RICE

2 eggs (yolks)
¼ cup maple syrup
½ cup whipped cream
Pinch of salt

Beat yolks of eggs until thick. Heat maple syrup, while hot stir into yolks. Cook until spoon is coated. Strain and beat thoroughly until cooled. Add whipped cream and salt. Serve very cold. (Mrs. J. J. Miller)

APPLE SAUCE (Made with pineapple syrup)

Cook as usual, using the syrup from canned or fresh pineapple in place of sugar. (Mrs. W. C. Anderson)

PRUNES COOKED WITHOUT SUGAR

Sterilize with boiling water. Soak over night. Bake in a slow oven in the water in which they are soaked.

SURPRISE PUDDING

1 cup sugar
5 eggs
1 cup flour
Juice and rind of half an orange

Cream yolk of eggs and sugar, add orange juice, then flour. Whip the whites stiff, fold in and bake in slow oven 30 minutes.

When cold cut hole in center of cake. Whip one pint cream stiff, flavor with sherry wine, pour in center of cake. Make chocolate sauce and pour around cake and serve.

(Mrs. W. J. Holland)

BAKED HONEY APPLES

4 apples
½ tablespoon flour
¼ cup water
⅓ cup honey
1 tablespoon oleomargarine
Cinnamon

Score and core apples and arrange in baking dish. Mix flour, water and honey and pour over apples. Dot with oleomargarine, sprinkle with cinnamon and bake until soft.

PLUM PUDDING

1½ cups finely chopped suet
1 cup molasses
1 cup milk
1½ cups raisins
1 cup currants
½ cup citron
3 cups graham flour and cornmeal mixed (scald cornmeal before using)
1 teaspoon soda
Spice to taste

Boil 3 hours and serve with hot sauce.

(Mrs. Wm. M. Hall)

FIG TAPIOCA

⅔ cup pearl tapioca
3 cups cold water
1½ cups light brown sugar
⅔ cup figs, diced
⅔ cup walnut meats, cut fine
Juice ½ lemon

Soak tapioca over night in water with a pinch of salt. In morning add sugar and figs and cook a full hour in double boiler, then add nuts and lemon juice. When cold serve with whipped cream. (Miss Anna Dake McCague)

DATE PUDDING

½ cup butter
⅔ cup sugar
½ cup milk
½ cup dates
½ cup English walnuts (chopped fine)
1 small teaspoon baking powder
1 egg
Cinnamon

Make in solid sheet, cut into squares, put whipped cream and chopped nuts (in addition to half cup) on top. Bake in hot oven 20 minutes.

PRUNE JELLY

6 prunes
1 cup of sugar
½ box of Knox's gelatine
2 cups of water

Cook the prunes in 2 cups of water until tender. Dissolve the gelatine in one cup of water. Remove the seeds and skins of the prunes by putting through colander. Return to the liquid, adding sugar. Cook fifteen minutes. Remove from fire. Add gelatine and put into individual moulds. Serve with cream and sugar.

(Miss Rachel C. Aiken)

MARSHMALLOW PUDDING

½ pound marshmallows
1 cup heavy cream

Or

1 tablespoon granulated gelatine
¼ cup cold water
⅓ cup scalded cream
1 cup thin cream

1 teaspoon vanilla
½ cup preserved cherries
½ cup English walnuts
2 tablespoons powdered sugar

Cut walnut meats and marshmallow into small pieces. Whip heavy (whipping) cream. Add sugar and vanilla, fold in remaining ingredients. Mould and chill.

For thin cream, soak gelatine in cold water, dissolve in scalded cream. Strain into a bowl and add sugar and vanilla. Set bowl in pan of ice water and stir constantly till it begins to thicken. Then fold in "whip" cream and other ingredients.

Should gelatine mixture become too thick before adding whipped cream melt over hot water and again cool.

(Miss Helen Heiner)

BREAD PUDDING

3 eggs
1 tablespoon sugar
1 lemon
Butter
1 cup bread crumbs
1 quart milk
Salt

To well beaten eggs add heaping tablespoon sugar, grated rind of lemon, 1 tablespoon lemon juice, a little melted butter, 1 cup bread crumbs rubbed through the hands, salt to taste. Add milk. Bake in hot oven until brown.

(Mrs. George E. House)

CRUMB BREAD PUDDING

1½ cups dry bread crumbs
½ cup cornmeal
1 cup Graham Flour
1 cup boiling water
1 cup milk
½ cup molasses
¾ teaspoon salt
1½ teaspoons soda

Pour boiling water over the dried sifted crumbs and let stand for 10 minutes. Sift the other dry ingredients and add to crumbs with molasses and milk. Pour into a greased mould and steam 3 hours.

(Mrs. Wm. U. Follansbee)

HINGHAM PUDDING

½ cup Orleans Molasses
½ cup water
1½ cup flour
¼ cup melted butter
½ teaspoon soda
½ teaspoon cinnamon
¼ teaspoon ginger
¼ teaspoon salt

Chopped nuts and raisins if desired. Steam 1 hour. Serve with hard sauce.

(Mrs. E. F. Gerber)

STEAMED CHOCOLATE PUDDING

5 squares Maillard's Chocolate
5 tablespoons butter
5 eggs

Melt chocolate and butter in double boiler, add first yolks and then whites of eggs beaten separately. Place in ring mould without lid and steam for 35 to 40 minutes. Serve with hot chocolate sauce or whipped cream.

(Mrs. Wm. B. Trainor)

COTTAGE PUDDING

½ cup butter
1 cup milk
Yolks of 2 eggs, beaten
1 cup sugar
1 teaspoon soda
Flour enough to make a stiff batter

CHOCOLATE BREAD PUDDING

2 cups milk
4 tablespoons grated chocolate
2 tablespoons butter
⅓ cup sugar
2 eggs
1½ cups stale bread crumbs
2 tablespoons powdered sugar
Vanilla

Scald the milk, then add the chocolate which has first been melted over hot water, then butter and sugar. Stir well and pour over soft bread crumbs and beaten egg yolks. Add vanilla and pour into buttered baking dish. Bake 30 minutes. Make a meringue of the whites of eggs beaten stiff; add powdered sugar and vanilla.

SPICED BREAD PUDDING

1 cup dry bread crumbs
2 cups hot milk
⅔ cup seeded raisins
1 egg
½ cup molasses
¼ teaspoon salt
¼ teaspoon cinnamon
⅛ teaspoon each of powdered cloves, nutmeg, allspice, mace and ginger

Pour hot milk over the bread crumbs and let stand for 5 minutes. Steam the raisins at the same time. Then add to the milk and crumbs the seasonings, molasses, raisins and a well beaten egg. Pour into a buttered baking dish and bake in a moderate oven for one hour.

Note—Bread crumbs can be used for stuffing, filling and to replace flour in the making of sauces, hot cakes, pudding, etc.

(Mrs. Wm. U. Follansbee)

FILLING FOR NUT CAKE

1 pint whipped cream
Vanilla
A little powdered sugar
¼ lb. chopped nuts

Put this between layers of cake and spread a soft icing on top. A delicious dessert, but must be used when freshly made.

(Mrs. C. A. Rook)

MOLASSES PIE

1 cup butter
1 cup sugar
5 eggs (yolks)
2 eggs (whites)
1 cup New Orleans molasses
1 teaspoon nutmeg

Work sugar into softened butter. Add beaten yolks, molasses, nutmeg and slightly beaten whites. Mix all well and bake in pastry. This makes two pies.

ANGEL PUDDING

½ cup English walnut meats
15 dates
3 eggs (whites)
1½ teaspoon Baking Powder
¼ cup powdered sugar

Chop nuts and dates. Beat whites stiff and add sugar and baking powder. Mix in dates and nuts. Pour into small baking dish. Bake in a slow oven 20 minutes. Serve with whipped cream.

(Mrs. Gilliford B. Sweeny)

SNOW PUDDING—CUSTARD SAUCE

2 cups boiling water
½ cup sugar
Pinch salt
3 tablespoons cornstarch
½ teaspoon vanilla
2 eggs (whites) beaten stiff

Mix water, sugar, salt and vanilla, thicken with cornstarch. While hot add 2 eggs. Whip and let cool.

2 eggs (yolks)
2 cups milk
½ cup sugar
Pinch salt
½ teaspoon vanilla

1 teaspoon cornstarch mixed with cold water. Mix first milk, sugar, salt and vanilla and thicken with cornstarch. Add slowly beaten yolks while hot.

(Mrs. P. M. Fuller)

CUSTARD SOUFFLE

2 tablespoons butter
2 tablespoons flour
2 tablespoons sugar
1 cup milk
4 eggs

Boil milk in double boiler, rub butter and flour together, add to boiling milk, boil 10 minutes. Beat yolks of eggs and sugar together, add to mixture, set aside to cool. Beat whites. Mix all together, pour into greased pudding dish. Takes 30 minutes in quick oven. Serve at once with vanilla sauce.

(Mrs. H. A. Ross)

DELICATE FRESH STRAWBERRY DESSERT

½ cup fresh strawberries
1 full cup granulated sugar
White of one egg

Put all together and whipped until stiff
Drop fresh strawberries on each dish

BLUEBERRY STEAM PUDDING

1 cup flour
1 tablespoon lard
1 egg
Pinch of salt
1 tablespoon sugar
½ cup milk
2 teaspoons Royal Yeast powder
1 cup blueberries

Butter double boiler, steam 1½ hours, serve with cream

BROWN PUDDING

1½ cups Graham Flour
1 cup sweet milk
½ cup molasses
1 cup raisins
1 teaspoon soda
Pinch of salt

Steam 3 hours and serve with nutmeg sauce. See sauces

ICED RICE PUDDING

2 cups boiled rice (mashed fine)
1 lemon
2 eggs and 4 tablespoons powdered sugar
1½ pts boiling milk

Add the boiling milk, yolks of eggs well beaten and rind of lemon to the rice. Return to fire stirring all the time, and let boil until it thickens to a custard. Pour into shallow dish and spread with meringue made from well beaten whites of eggs, powdered sugar and juice from one half lemon. Put in hot oven until puffed and a delicate brown. Serve ice cold with preserved cherries or strawberries if desired

ITALIAN CREAM

½ box gelatine
1 pt milk
Vanilla
2 eggs
½ cup sugar

Soak gelatine one half hour in cold water, put milk in double boiler. When boiling, stir in yolks of eggs, well beaten, add sugar and gelatine. When custard begins to thicken take off and pour into a deep dish in which the whites have been beaten to stiff froth. Flavor with vanilla. Put into mould and allow 4 hours to cool.

(Mrs. F. W. Ewen)

NEW ENGLAND INDIAN PUDDING

1 quart milk (boiling)
1 scant cup cornmeal
Butter (size of an egg)
1 small cup molasses
1 teaspoon ginger and salt
1 quart cold milk
2 eggs (well beaten)

Add the cornmeal (which has been mixed with a little of the cold milk) to the quart of milk, when nearly boiling. To this, while boiling, add butter, molasses, cold milk, eggs, ginger and salt. Bake two hours.

(Mrs. Chester B. Albree)

TROY PUDDING

½ cup chopped suet
½ cup seeded raisins
⅓ cup molasses
½ teaspoon salt
½ teaspoon soda
½ cup milk
2 cups flour

Dissolve soda in milk, after which mix all ingredients together and steam three hours. Currants and citron if desired. (Serve with cornstarch sauce.)

PEACH PUDDING

2 eggs (beat yolks)
1 cup of milk
½ teaspoon salt
1 tablespoon melted butter
6 tablespoons granulated sugar
3 teaspoons baking powder

Mix and beat in 1½ cups of flour, into which has been sifted the baking powder. Stir in carefully well beaten whites of eggs and pour the batter into shallow, well greased pans. Put halves of canned (or fresh) peaches over the top and sprinkle with 6 tablespoons of granulated sugar. Bake in quick oven ½ hour. Serve warm with sauce.

Sauce. Use liquor from canned peaches or whipped cream with thickened sauce. (Miss Bertha Young)

RICE CUSTARD

1 cup rice, boiled and still hot
3 cups milk
¾ cup sugar
2 eggs
1 tablespoon cornstarch
Flavor to taste

Make a custard of milk and corn starch sugar and yolks of eggs. Stir into this the cup of rice, add flavoring (nutmeg) and orange or lemon peel). Turn into a pudding dish and bake until set. Make a meringue of the whites of the eggs. This pudding should be soft enough to eat without cream.

(Mrs. Joseph H. Moore)

TAPIOCA CUSTARD

3 tablespoons pearl tapioca
2 cups milk
2 eggs
3 tablespoons sugar vanilla
Orange juice or rind, grated

Soak tapioca 4 or 5 hours in half cup of water. Have milk boiling, stir in tapioca, let simmer. Stir often till tapioca is clear, then pour over yolks of 2 eggs whipped with the sugar. Return to the stove and let simmer till custard is thick. Turn in bowl, flavor with vanilla or orange juice or grated rind. Stir in lightly the whipped whites of eggs.

RHUBARB

A fair amount of pink skinned rhubarb
1 cup honey
1 cup water

Stew slowly about 20 minutes.

(Mrs. Taylor Allderdice)

SUGGESTION FOR DESSERT

Small quantities of lemon or coffee jelly or Spanish cream can be made presentable and utilized by placing a few spoonsful in sherbet glasses and capping with a well flavored meringue of white of eggs and sugar or whipped cream.

(Mrs. Albert Kingsbury)

RUSSIAN CASCELL

Drain juice from any kind of canned fruit or mixture of fruits. Cut fruit into small pieces and put on a plate. Sprinkle with sugar and put in oven to dry. Strain the juice and put over the fire to boil. While boiling stir in corn starch mixed with cold water, allowing 2 tablespoons of corn starch to each pint of juice. Stir constantly until it boils and then beat until clear. Arrange in sherbet glasses with the pieces of fruit through it and serve cold with whipped cream or cream and sugar. This may be made with dried stewed fruits, dried peaches or apricots are especially nice.

(Mrs. W. L. Davis)

CHARLOTTE RUSSE FLUFF

2½ teaspoons or ¼ box gelatine
1 cup sugar
½ cup water
1 egg
1 tablespoon vanilla
1 pint cream
4 grated macaroons or nuts or fruit

Soak gelatine in ¼ cup water for ½ hour. Set cup in boiling water until dissolved. Make a custard of milk, sugar and egg. Add gelatine and vanilla and set aside to cool. Whip cream and add custard to it with whipper. Pour into mould.

(Mrs. Alexander Nimick)

APPLE CUSTARD

1 dozen apples
4 eggs
4 tablespoons flour
1 quart milk
Sugar and butter

Pare and core uniform apples. Place in shallow bake dish, fill center with sugar and put bit of butter on top. Beat eggs separately. Beat these ingredients 8 or 10 minutes and pour around the apples (not over them) and bake until apples are

CARROT PUDDING

1 cup grated potatoes
1 cup grated carrots
1 cup sugar
1 cup flour
½ cup currants
½ cup raisins
⅓ cup butter
½ teaspoon cloves
½ teaspoon cinnamon
½ teaspoon nutmeg

Stir 1 teaspoon of soda into the potatoes, flour and raisins. Grease pail, cover tight, steam 3½ hours. Serve with sauce.

(Mrs. H. C. Torrance)

GRAHAM AND FIG PUDDING

4 tablespoons Graham Flour in 1 pt. water—cook 15 min., add
1 lb. figs, chopped
1½ cup English walnuts
1 cup sugar
Pinch salt

Boil 15 minutes, put in mold. Serve with whipped cream, a lemon, or hard sauce. Serves 10 portions.

(Mrs. F. M. Fuller)

ICE BOX PUDDING

1½ cakes sweet chocolate, melted
2 tablespoons boiling water
2 tablespoons pulverized sugar
4 eggs
1 teaspoon vanilla
1½ doz. lady fingers

To the melted chocolate add boiling water, pulverized sugar, the yolks of eggs stirred in one at a time, teaspoon vanilla. Stir in beaten whites of eggs.

Line a mould or pan with waxed paper. Separate lady fingers. Lay a layer of cake and a layer of sauce until all is used. Put in ice box to settle, and serve with whipped cream.

(Miss Alice G. McChesney)

BANANA FLIP

2 bananas
2 eggs, whites
5 tablespoons pulverized sugar
1 lemon
Salt

Beat the whites of eggs to a stiff froth with a pinch of salt and sugar. Add pulp of bananas which have been pressed through a potato ricer. Also the juice of lemon.

Serve in sherbet cups with boiled custard or whipped cream.

Stewed apricots, ripe peaches, prunes or any fruit of which pulp may be made. (Mrs. Frederic L. Merrick)

BANANA CREAM

2 tablespoons granulated gelatine
1½ cups hot milk
3 ripe bananas
½ cup honey
Juice 1 lemon
1 cup whipped cream

Soften gelatine in ¼ cup of cold water and dissolve it in the hot milk. Add the bananas mashed and put through a sieve with the lemon-juice. Add honey. When cold and beginning to stiffen whip the cream. Pour into a cold, wet mold and place in the refrigerator to stiffen.

Any other fruit may be used.

(Mrs. Edward J. House)

RASPBERRY SPONGE

1½ tablespoons granulated gelatine
¼ cup cold water
½ cup boiling water
1 cup sugar
1 cup raspberry juice
Juice of 1 lemon
Whites of 3 eggs
1 pint cream

Soak gelatine in cold water and dissolve in the boiling water. Strain and add sugar, raspberry juice and lemon. Chill in pan of ice water. When quite thick, beat with egg whisk until frothy, then add the whites of eggs beaten stiff and fold in the whipped cream.

(Mrs. S. B. McCormick)

CREAMED RICE WITH BRANDIED FIGS

2 cups cold boiled rice
1 cup whipped cream
Vanilla
Brandied figs

Take rice and beat with it whipped cream flavored with vanilla. Arrange in individual portions, cover top with brandied figs and serve with cream.

RICE SOUFFLE

½ cup rice
⅔ cup milk
4 eggs
2 tablespoons sugar
2 tablespoons butter
1 teaspoon vanilla
1 cup Sultana raisins
Lemon or orange rind

Boil rice in 3 cups salted water. Add milk and cook until milk is absorbed. Put in yolks of eggs beaten with sugar and butter. Cook a moment, remove from fire. Add raisins, vanilla and grated rind of a lemon or orange. Fold in the beaten whites of eggs and bake in buttered dish 30 minutes. Serve hot with a hard sauce.

MARSHMALLOW CREAM

½ lb. marshmallows
1 cup whipped cream
½ cup chopped nuts
1 tablespoon corn starch
Red raspberry juice.

Cut marshmallow in pieces; add whipped cream and nuts; stir together and let stand all night. Thicken with corn starch and serve with red raspberry juice.

(Mrs. Edward J. House)

MANHATTAN PUDDING

1½ cups orange juice
¼ cup lemon juice
Sugar to taste
1 pint whipping cream
½ cup powdered sugar
½ tablespoon vanilla
⅔ cup chopped nuts

Mix fruit juices and sweeten to taste.

Turn mixture into brick mould. Whip cream and add sugar, vanilla, and nut meats. Pour over first mixture to fill mould. Cover with greased paper. Fit on cover, pack in salt and ice, and let stand for three hours.

(Mrs. W. J. Holland)

FROZEN CHERRY PUDDING

1 pint milk
1½ cups sugar
2 eggs
Vanilla
2 tablespoons gelatine
1 quart whipped cream
1 large cup rich preserved cherries
Wine

Make custard with milk, eggs, 1 cup sugar and vanilla. Add to this gelatine which has been soaked in cold water. When cold add whipped cream and ½ cup sugar. Flavor with wine and when mixture is partly frozen, add preserved cherries. (Miss Louise M. Richardson)

MAPLE MOUSSE

1 cup maple sugar
4 eggs
1 pint cream
Salt

Heat maple syrup. Let cool slightly and beat slowly into the beaten yolks of eggs and let cook until thick like candy. Beat stiffly the whites of the eggs and add to them a pinch of salt and cream, whipped. Let syrup and yolks cool and then fold into the stiffly beaten cream and whites of eggs. Pour into mould and pack in ice and salt, 3 to 4 hours.

(Mrs. C. R. Peddle)

FROZEN APPLE FLOAT

3 pints stewed apples
1 pint cream
4 eggs
Sugar
Vanilla

Put apples through sieve, sweeten to taste and flavor with vanilla. Beat this light with egg, whip and add well beaten eggs. Before freezing add the cream. This makes three quarts when frozen. (Miss Louise M. Richardson)

MAPLE ICE CREAM

1 quart cream
1 cup maple sugar
¼ lb. pecans

To 1 quart of rich cream add maple sugar, chopped pecans, and freeze.

MAPLE PARFAIT

1 cup maple syrup
4 eggs
1 pint cream

To maple syrup add beaten yolks of eggs. Stir until this comes to boil. Strain and cool. Whip cream and add beaten whites of eggs. Mix all together and freeze.

(Mrs. Paul Sturtevant)

APPLE DUMPLINGS

Sauce—Make sauce first.

2 cups sugar (brown and white mixed)
2 tablespoons flour
2 tablespoons butter
2 cups boiling water
1 lemon cut thin and in small pieces

PASTRY

1 pint flour
2 teaspoons baking powder
½ teaspoon salt
⅔ cup milk
1 tablespoon, each butter and lard

Roll thin, sprinkle with butter, sugar and cinnamon. Spread over this 3 or 4 apples chopped fine and make into a roll. Cut into eight dumplings. Pour over them ½ the sauce and bake 40 minutes in moderate oven. Serve with the other half of sauce, heated. (Mrs. George M. House)

COTTAGE CHEESE CUSTARD PIE

½ cup cheese
2 eggs
½ cup sugar
1 cup milk

Drop piece of butter here and there on top. Bake in pie crust. (Mrs. H. A. Ross)

RHUBARB PIE

Crust	Filling
2 cups pastry flour	1½ cups cut rhubarb
½ cup butter	1 cup sugar
½ cup lard	Mix and add to one beaten egg

Chop lard and butter into flour, mix with ice water. Roll lightly, fold three or four times, add filling and bake.

CHERRY PUDDING

To two tablespoons of cornstarch mixed to a smooth paste with a little cold milk, add two cups of milk and one tablespoon of sugar; flavor with the grated peel of one lemon, put into a double boiler and boil until it becomes thick; remove from the fire, stir in a cup of canned cherries, let cool, then pour into a serving bowl and decorate with some of the cherries. Whipped cream is an addition. Other canned fruits may be used in place of cherries.

STRAWBERRY SHORT CAKE

1 cup sugar
½ cup butter
2 eggs
1 cup milk
2 cups flour
2 teaspoons Royal baking powder

Mix butter and sugar, then well beaten eggs, then milk and flour and baking powder. Bake in 2 cake pans, ½ pint of cream, 2 boxes berries. Keep best berries for top, crushing the remaining berries, sweetening to taste an hour or so before serving. (Mrs. H. A. Ross)

APPLE POPOVERS

½ cup flour
1 teaspoon baking powder
1 teaspoon butter
Sweet milk, enough to make soft dough

Slice apples or peaches and put in bottom of cups. Put a little sugar, butter and nutmeg on top of fruit.

Drop mixture over fruit in cups and steam an hour.

(Mrs. Paul Sturtevant)

STEAM SUET PUDDING

1 cup chopped suet
1 cup molasses
1½ cups milk
1 cup raisins
1 cup currants
½ cup citron
1 teaspoon soda in hot water
½ teaspoon salt
2 teaspoons cinnamon
1 teaspoon cloves

Graham flour to thicken enough to pour off spoon (not too stiff); fill well greased mold and steam 3 hours.

(Mrs. H. P. Allen)

When fruit has fermented slightly, reheat it, add a small amount to light brown sugar, and use for pies.

Pie for War Time

CRUSTS

RYE PIE CRUST

1½ cups wheat flour
1½ cups rye flour
1 teaspoon salt
1 scant cup Crisco

Ice water to mix. It will take about 1⅓ cups.

Mix dry ingredients and cut shortening in with a knife. Add water gradually, using just enough to hold together.

Roll out, handling as little as possible.

for several days. (Mrs. Mary R. DeMotte)

BARLEY

2 cups barley flour
1 teaspoon salt
⅓ cup vegetable oil
½ teaspoon baking powder

Combine as for other pastry, adding enough water for a stiff dough.

CORNMEAL AND WHEAT

½ cup cornmeal
½ cup wheat flour
½ teaspoon salt
2 tablespoons vegetable oil

Combine ingredients, using enough liquid to make a dough that can be rolled thin. Bake in quick oven.

OATMEAL

2 cups finely ground oatmeal
1 cup boiling water
1 teaspoon salt
2 teaspoons vegetable oil

Scald the oatmeal with the water. Add the oil and mix thoroughly. Roll very thin and line small pie or tart tins with the mixture. Bake in a hot oven.

RICE

1½ cups rice flour
½ cup wheat flour
⅓ cup crisco
½ teaspoon salt
Ice water

Work shortening and flour well together, using the tips of the fingers or a knife. Moisten with ice water and keep in a cool place until ready to use.

COTTAGE CHEESE RICE PIE CRUST

½ cup cottage cheese
6 tablespoons vegetable oil
½ teaspoon salt
1 cup rice flour
6 to 8 tablespoons ice water

Cream shortening, salt and cheese very thoroughly together, then add flour and blend well.

(War Food Bureau, Women's Civic League, Baltimore)

MINCE MEAT WITHOUT MEAT

1	pk. green tomatoes chopped fine	2	teaspoons cinnamon
		2	teaspoons cloves
2	qts. apples chopped fine	1	teaspoon grated nutmeg
1	cup suet chopped fine	1	teaspoon salt
2	lbs. raisins	⅔	teaspoon pepper
4	lbs. brown sugar		

Mix all together and cook ½ hour. Take from stove and add 1 large cup of boiled cider or vinegar. Seal in jars while hot. (Miss Mary O'Hara Darlington)

SUGARLESS FILLINGS

APPLE

Make an apple sauce, using white syrup instead of sugar; fill shells made with war-time pie crust; sprinkle top with chopped nuts; place a square of currant jelly in the center of each.

APPLE-RAISIN

Wash and soak one cup seedless raisins over night; simmer in same water for an hour; add one quart peeled quartered apples and one-half cup white syrup; simmer together until done; fill tart shells made with war-time pie crust.

ORANGE

1	cup boiling water	3	eggs
4	tablespoons cornstarch	⅔	cup white corn syrup
1	large juicy orange	1	teaspoon lemon juice

Rub cornstarch smooth with a little cold water, add the boiling water and cook for five minutes; add the pulp and part of the grated rind of the orange, the syrup and the lemon juice; heat thoroughly and pour slowly on the beaten yolks of the eggs; beat well; pour into tart shells made with war-time pie crust; cover with meringue made from the whites of the eggs and flavored with lemon juice; sprinkle with grated lemon peel; brown in oven; serve cold.

"War Candy"

NUT BALLS

½ lb. walnut meat
½ lb. seedless raisins
½ package Karo or Maple Syrup
½ package Puffed Rice

Boil syrup until ready to candy. Chop nuts and raisins and add to syrup about 3 minutes before taking from fire. Add puffed rice the last thing before turning out on buttered platter. Roll into balls the size of a large marble.

STUFFED FIGS

Soak figs in sherry over night. Stuff with black walnut meats and cherries chopped together. Roll in maple sugar.

HONEY CANDY

1 cup strained honey
2 cups brown sugar
1 tablespoon butter
¼ cup milk

Boil until it forms a soft ball when tried in cold water. Beat until it is thick. Pour into buttered pan. Cut in squares and wrap in paraffin paper.

KARO DIVINITY

3 cups brown sugar
½ cup Karo
1 square chocolate
⅔ cup water
2 eggs (whites)
½ teaspoon salt
1 cup chopped nuts
½ teaspoon vanilla

Cook the sugar, Karo and water, until it forms a soft ball when tried in water, having added the chocolate melted over hot water. Beat the whites of eggs very stiff, and add other ingredients. Pour on the hot syrup, beating all the time. When mixture will stand alone, drop from teaspoon on buttered plates. The chocolate may be omitted.

(Mrs. Frederic I. Merrick)

"POPCORN HAS POWER."

Popcorn is very valuable as a food. Give the children popcorn balls made with honey or corn syrup. The children will be happy and satisfied, and you will be helping your country by saving on other sweets.

PUFFED RICE WAR CANDY

1 cup sugar
½ cup water
1 tablespoon vinegar
Boil for 5 minutes
Add piece of butter size of egg
3 tablespoonsful molasses
½ teaspoon salt
Boil until drops hard in water.

Mix puffed rice previously heated in hot syrup, spread on buttered pans to cool.

STUFFED DATES

Select nice, solid dates. Seed and fill with any preferred nuts. Dip in maple sugar.

MAPLE FONDANT

Boil any desired quantity of maple sugar (1 pt. makes about ¾ lb) until it rolls into a soft ball when dropped in cold water. Pour out on large platter or marble slab. Beat with spoon until it can be handled, then knead until it is soft and creamy.

If the fondant is not to be used immediately, place it in a covered vessel and keep it in refrigerator or some cool place until needed.

Maple fondant is made and used exactly like the regular fondant made from white sugar, and like the white, can be made up in numerous ways:

Stuffed Figs—Dates, or any candied or preserved fruits.

Loaf—Made by kneading into a small loaf or fondant chopped nuts, seedless raisins, or chopped dried or candied fruits and slicing it with sharp knife.

Creams—Shape round or oval as desired and garnish with nuts, etc.

Wafers—Remelt fondant in double boiler and drop on oiled paper.

Cream Covered—Grapes, strawberries, nuts, etc., are made by dipping in the fondant that has been remelted in double boiler.

Balls—Shape fondant in balls and roll in finely chopped nuts, cocoanut, etc.

"EAT NATURAL SWEETS IN PLACE OF CANDY."

Eat dates and figs and other sweet fruits. Eat maple sugar and honey, where you can get it, instead of candy.

MAPLE COCOANUT BALLS

1 fresh cocoanut (grated finely) 1 lb. Maple Sugar

Cook maple sugar in the milk from the cocoanut (if milk does not measure a full cup add a little water). When the candy rolls into a soft ball when dropped in cold water, remove from stove and beat until creamy.

Add ⅔ of grated cocoanut and stir lightly until well mixed with candy, pour immediately on large platter or slab until it is cool enough to handle. Knead into soft uniform consistency and roll into balls about the size of a large marble. As each ball is finished roll it in the remaining grated cocoanut. Lay balls on platter or oiled paper to harden.

Dry shredded cocoanut may be used if the fresh cannot be obtained (the flavor is not nearly so good) and the sugar cooked in a cup of water or milk.

CHOCOLATE MAPLE FUDGE

1 lb. Maple Sugar
1 cup milk
½ cake Baker's Chocolate
Few drops of vanilla if desired

Boil milk and sugar until candy rolls into soft ball, when dropped in cold water. When about half done add chocolate, stirring constantly to prevent burning. Just before removing from fire add vanilla. Beat until creamy and pour out in greased pan to harden. When about half cooled cut into squares with a hot knife.

These are just "Mary Elizabeth's" recipes, simplified so as to be possible for the amateur who does not have a candy thermometer or the many appliances which the professional candy maker uses.

(Miss Letitia Hunter)

BLACK WALNUT TAFFY

1 quart New Orleans Molasses
1 cup brown sugar
1 tablespoon butter
1 cup chopped black walnuts
Pinch of soda

Boil molasses and brown sugar until it cracks in cold water. Add soda. While cooling add nuts and butter. Pull as long as possible. Cut as desired.

HONEY ROLL

½ cup strained honey
1 cup chopped mixed nuts
1 cup of either raisins, dates or figs (or mixed)

If raisins are used carefully remove all seeds.

Thoroughly mix, put in a mould, placing a weight upon it, and let stand 48 hours before cutting in squares.

CARAMEL FUDGE

2 cups brown sugar
1 cup milk

Stir constantly until it forms a soft ball in cold water. Then beat until cold. Pour in pan and cut in squares.

BROWN SUGAR FUDGE

2 cups brown sugar
1 cup milk
¼ teaspoon of cream of Tartar
1 tablespoon butter
2 oz. chocolate

Boil together until it forms a soft ball in cold water. When cool add the butter and beat until very stiff. Then add 2 or 3 tablespoons of cream, pour in pan and cut in squares.

SEA FOAM

2 cups light brown sugar
1 cup water
Whites of 2 eggs

Boil sugar and water together until it forms a soft ball. Beat the whites of the eggs very stiff and slowly add the boiled syrup. Beat until it will drop from the spoon.

MOLASSES CANDY

1 quart New Orleans Molasses
1 cup brown sugar
1 tablespoon butter
Pinch of soda

Boil sugar and molasses until it will crack in cold water. Add butter and soda, cool and pull as long as possible.

(Mrs. J. M. Thorne)

POPCORN CANDY

For making pop-corn candy either honey, maple syrup, molasses, white cane syrup or corn syrup may be used instead of sugar. To one cup of syrup allow one tablespoon of vinegar. Boil together until syrup hardens when dropped in cold water. Pour over freshly popped corn and mold into balls or fancy shapes.

Beverages

EGG NOG

1 egg
Pinch of salt
¾ cup milk
Vanilla or nutmeg

Separate egg. Beat yolk, add sugar and salt and beat until creamy. Add milk and flavoring. Beat whites until foamy, but not dry. Fold in lightly and serve immediately.

Note—Chill egg and milk before blending.

(Miss Rachel C. Aiken)

MULLED CLARET

Remove core from an apple, put into oven and bake. Take out of oven and fill with sugar and cloves. Tie apple in a piece of cheese cloth and drop into 1 quart of claret. Let simmer slowly for ½ hour and serve hot.

A domestic claret may be used.

(Miss Addah Gerdes)

MULLED CIDER

To 1 quart sweet cider, 4 tablespoons sugar, add 1 teaspoon whole cloves and some stick cinnamon tied in piece of cheese cloth. Boil together for five minutes and serve steaming hot.

GINGER ALE PUNCH

1 orange
1 lemon
Sprig of mint

To 1 bottle of ginger ale add the juice of 1 orange and 1 lemon. Pour over crushed ice, add sprig of mint, and serve.

WARTIME-ADE

5 lemons (juice)
1½ cups sugar
1 bunch mint (leaves)
½ cup water

Allow to stand ½ hour. Strain over ice. Add 3 or 4 pints ginger ale. Garnish glasses with mint.

HOT CHOCOLATE

1 quart milk
1 block chocolate
2 tablespoons sugar
1 teaspoon vanilla

Heat milk in double boiler. Dissolve grated chocolate and sugar with a little hot water. Add hot milk and beat with egg beater, adding vanilla if desired.

ICED CHOCOLATE

1 cup corn syrup
1 cup warm water
½ cup cocoa
2 tablespoons strong coffee
Cracked ice
Cream

Mix over hot water until dissolved, then boil to a heavy syrup.

When thoroughly chilled add coffee. For 1 glass use 2 or 3 tablespoons of the mixture to the same amount of cracked ice and ¼ cup of cream. Shake well. Can be kept on ice for several days. (Mrs. Mary R. DeMotte)

GINGER PUNCH

Candied ginger and rhubarb juice sweetened, are the chief ingredients.

Preserved Fruits

FRESH PEACHES

Wash and boil jars and lids. Peal peaches, cut in halves, place in jars. Boil syrup, proportion, 1½ cups of sugar to 3 cups of water.

Pour syrup over fruit, filling jars. Put lids on without screwing tight. Set in boiler with water to shoulder of jar. Boil until the peaches are tender. Have kettle of water boiling on the stove. Lift jars out of boiler, dip rubber bands in boiling water for a minute, put on jars, fill to overflowing with the boiling syrup and screw lids tight. Do not have more than 1 jar open at a time.

In doing a small amount of fruit, or when working alone, it is better to do a few jars at a time. Then while filling 2 jars the syrup is boiling. Before starting to fill the third jar set both kettles off the fire. By the time the third jar is filled, the syrup and cooked fruit are both cool enough to handle.

Plums and small fruits, except blackberries, may be done this way.

It is not necessary to place fruit in cold water to keep from discoloring as when hot syrup is poured on, it takes away any discoloration.

PEARS AND QUINCES

Sterilize jars and lids.

Prepare fruit and boil in plenty of water until tender. Remove fruit from kettle, measure liquid and sweeten in proportion of 1 cup sugar to 3 cups liquid. Boil syrup 10 minutes. Put fruit in syrup and boil 10 minutes.

Fill jars and set in boiler with water to shoulder of jars. Rubber and lids must be on, but lids not screwed down.

Cover jars with clean cloth (several thicknesses) and cook for an hour. Remove from boiler and tighten tops.

(Mrs. H. C. McEldowney)

STRAWBERRY PRESERVES

1 cup strawberries 2 cups sugar

Cook 6 minutes after they start to boil.

PEACH AND PINEAPPLE PRESERVES

5 lbs. peaches ¾ lbs. sugar to each lb. fruit
2 lbs. pineapple

Pare the pineapple and put through the meat grinder. Put the sugar and pineapples on the stove and cook slowly. Pare the peaches and cut in small dice. Cook the sugar and pineapple until clear and then add the peaches and cook until preserved. (Mrs. W. Seward B. Hays)

GRAPE MARMALADE

Pick over, wash, drain and stem grapes. Separate pulp from skin. Put pulp in preserving kettle. Heat to boiling point and cook slowly until seeds separate from pulp, then rub through cheese cloth or hair sieve. Return to kettle with skins. Add an equal measure of sugar and cook slowly 30 minutes, occasionally stirring to prevent burning. Put in tumblers or jars. (Mrs. H. A. Ross)

GOOSEBERRY CHUTNEY

4 lbs. gooseberries (green)
4 lbs. sugar
1 pint vinegar
1 tablespoon ground cloves
1 tablespoon cinnamon
A little Cayenne Pepper

Put the sugar and vinegar on until it boils, then add the berries and spices and boil half an hour. You can either put them in bottles or jelly cans and cover with paper, like preserves. (Mrs. H. C. Torrance)

SPICED CURRANTS

3 pints currants
2 pints sugar
1 small cup vinegar
1 tablespoon whole cloves
1 tablespoon cinnamon

Cook currants with cloves and cinnamon until soft, and strain through cheese cloth. Then measure currants, sugar and vinegar. Cook with this several cloves and cinnamon tied in a little cheese cloth bag. Cook until it jellys.

PICKELED PRUNES

4 lbs. prunes
2 lbs. sugar
1 pt. vinegar
1 oz. each cloves and cinnamon
¼ oz. ginger

Boil spices, sugar and vinegar together 10 minutes. Soak prunes 24 hours and steam 15 minutes. Add spices, vinegar and sugar, and boil until clear and fruit tender.
(Miss Helen Barclay)

SPICED PEACHES

9 lbs. peaches
4 lbs. sugar
1 pt. vinegar
Whole cloves
Stick cinnamon

Put sugar and vinegar in a kettle, boil and skim, after which throw in the peaches and cook soft. Lift them out and let the juice boil until thick. Put the cinnamon and cloves in a muslin bag and boil with the juice.
(Mrs. Mortimer C. Miller)

KURNQUAT MARMALADE

Let the Kurnquats stand in salted water, changing the water each morning for three mornings. Dry the fruit and slice thin, taking out the seeds, put in preserving kettle with enough water to almost cover them, cook twenty minutes, then add a scant cup of sugar to a full cup of Kurnquats and boil 10 minutes more. Put in glasses. Serve with ice cream or ices for dessert. (Mrs. Gilliford B. Sweeny)

STRAWBERRIES

Weigh fruit and take an equal weight of sugar. Put sugar in kettle with just a little water. Boil until syrup is thick as honey. Put strawberries in syrup. Cook until berries are clear.

Wash and boil jars and lids while fruit is cooking. Fill jars to overflowing, dip rubbers in boiling water before using. Screw lids tight.

DELICIOUS STRAWBERRY JAM

Equal measures, not weight, of strawberries and sugar. Mix and let stand over night. Put on to cook, without water. Cook 23 minutes from commencement of boiling. Allow to cool in kettle.

Wash and scald glasses just before using, rinse with cold water.

(Mrs. H. C. McElhowney)

STRAWBERRIES AND CHERRIES

1 quart strawberries
1 quart cherries
1 pint water
1 pound sugar (granulated)

Make a syrup; put fruit in and cook about 20 minutes.

STRAWBERRIES AND PINEAPPLES

1 quart strawberries, mashed
1 pineapple, grated

Not quite the amount of sugar that you have fruit. Boil seven minutes and seal.

(Mrs. D. M. Buck)

RAISIN AND GRAPE MARMALADE

8 lbs. of ripe grapes
4 lbs. sugar
1½ lbs. raisins
2 oranges

Pulp grapes (saving the skins) put on to boil until seeds rise and can be strained through a colander. Add skins and boil 15 minutes. Add sugar, raisins and oranges (including peel). Boil three-quarters of an hour.

(Mrs. E. S. Govdale)

GRAPE JUICE

Wash and stem Concord grapes, cover with water, scald and strain. To each quart of juice, add one quart of water, one cup of sugar; let come to boiling point; bottle and seal. seal.

GRAPE BUTTER

Take remaining pulp and wash through sieve, about ¾ cup water to 2 cups pulp. To each cup of pulp, add same amount of sugar. Mix well and cook slowly until thick, stirring often. This butter requires much less cooking than peach or apple.

GRAPE JUICE FOR FREEZING

Take the pulp left in the sieve and add more water, boil and strain. Add equal parts sugar. Boil about 5 minutes making a syrup for freezing.

GRAPE JUICE

Select fresh Concord grapes—wash, stem, and place in vessel with very little water, just enough to start grapes cooking.

Cook until soft, strain through cheese cloth and let stand until settled. Pour off, return to stove add small amount of sugar, taking care not to sweeten too much as more can be added as desired. Barely let come to boil. Pour into hot sterilized bottles or jars and seal. Serve with crushed ice. Water can be added.

CANNED RHUBARB

Prepare and stew as for ordinary table use, but cook a shorter time and use half as much sugar and a very small amount of water. Put in sterilized jars and seal. When used, sugar may be added to taste.

CANNED PEACHES

CANNED PEARS

CANNED SWEET APPLES

Pare and cut in halves, barely cover with hot water, cook until tender, place in sterilized jars standing in hot water.

Strain water in which fruit was cooked. With this water ane one-half amount of sugar, make a syrup and pour over fruit while hot. Seal.

Note.—Prepare and cook enough for one jar at a time.

STUFFED PEACHES

Select choice, large fruit. Prepare, cook and make syrup as above. After removing from water, fill centers with candied ginger, pineapple, cherries, raisins, etc., and nuts chopped fine. Tie halves together with coarse thread. Place in hot sterilized jars, pour hot syrup over peaches, filling jar. Place lid on jar, do not seal tight at first. Put jars in very slightly heated oven with oven door partly open. Leave for 1 hour. Remove and seal.

CANNED YELLOW RASPBERRIES

Make a rich syrup and keep hot. Select perfect berries, wash and stem. Place in sterilized jars, pour hot syrup over berries, filling jar. Place lid on jar, do not seal tight at first. Put jars in very slightly heated oven with oven door partly open. Leave for 2 or 3 hours. Remove and seal.

Red raspberries and grapes may be canned in same way.

(Mrs. S. A. Pickering)

CHERRIES FOR PIE

Seed by hand and carefully prepare sour red cherries, in proportion of ¾ fruit to ¼ sugar. Let both simmer until they boil, then cook rapidly for about ten minutes. Put in sterilized jars and seal.

ADDITION OF SALT TO PEACHES AND PLUMS

The addition of salt to peaches and plum preserves gives a richness of flavor that the fruit seems to lack when preserved.

TO TEST FRUIT FOR PECTIN

Some fruits are lacking in pectin, the component which is necessary to make them "jell." To test fruit juices for the necessary amount of pectin, add a small amount of a 15 per cent solution of grain alcohol to an equal amount of the fruit juice. If mixture remains clear, it will not "jell," but if it becomes murky when cooled, it has sufficient pectin. Fruits that lack it, very often are supplied with a sufficient amount of pectin by adding a medium sliced carrot to every quart of juice. The carrots do not affect the taste.

(Mrs. D. M. Buck)

Canned Vegetables

RECIPE FOR PUTTING UP CORN

Cut corn from cob
9 cups of corn
2 cups of sugar
2 cups of water
Cup of salt

Put all in kettle on the fire. After it comes to boiling point, cook five minutes, stirring often.

Fill the jars at once while hot.

Before cooking for eating, wash the corn well in cold water. Let it soak in cold water three hours. Changing the water. Just before serving put on fire, let come to boiling point. Drain off water, dress with a little cream and butter. (No salt).

PUTTING UP CORN

10 cups corn
1 cup salt
1 cup sugar

Mix sugar and salt with the corn and place on back of stove until enough milk or juice is drawn to cook it. Then place on front of stove. Cook for 12 minutes after it has begun to boil. Then pack tight in jars which are sterilized. Screw lids tight after testing the rubber.

When ready to use boil off with one or two waters until just salt enough to suit taste.

(Mrs. William Watson Smith)

CANNED CORN

10 cups corn
½ cup water
1 generous cup sugar
1 scant cup of salt

Let stand on low flame until heated, and draw water, then put over higher flame and boil ten minutes. Put in air tight jars. Before using soak 3 or 4 hours and dress with a cream sauce.

(Mrs. H. A. Ross)

CANNED GREEN PEPPERS

Prepare by removing seeds. Cut in strips or leave whole. Blanch by dipping in hot water for 2 or 3 minutes, then immediately into cold water. Pack in jars—fill jar with boiling water, add a level teaspoon salt. Sterilize 90 minutes.

(Mrs. Thos. J. Gillespie)

Buy empty flour sacks by the dozen from your grocer, to use for dish towels.

CANNED EGG PLANT

Pare and cut in round slices egg plant. Place in cheese cloth and dip in boiling water for 2 or 3 minutes, then place immediately in cold water. Pack in jar, fill jar with boiling water, add 1 teaspoon salt. Place in steamer, steam for 50 minutes.

DRIED EGG PLANT

Pare and cut the egg plant into slices about a quarter of an inch thick, lay over platters and place in a moderate oven until dry; keep in covered vessels.

To Cook

Soak in water for about 2 hours, then parboil 10 minutes with a little baking soda in the water, dry it with a towel, dip in eggs and in bread or cracker crumbs and fry.

(Mrs. W. Seward B. Hays)

Putting up Vegetables

THE SUCCESS LIES IN SANITARY PRECAUTIONS AND THOROUGH STERILIZING

JARS

Use Atlas or Ball Mason Jars. These should be in perfect condition, no nicks around mouth, an even thread at neck, so that lid can screw perfectly tight.

INSPECTION

Should be thorough, and imperfect jars discarded. Many are rough around edge at opening; file off parts extending over edge, which might prevent lid from screwing tight.

WASHING

Thoroughly cleanse by making a very hot soapy water. Put a little water in each jar, with a small amount of baking soda to sweeten. Wash in the suds, rinse several times in clear hot water. Fill jar with clear cold water, place in boiler. Then fill boiler with cold water to half the depth of jar. When it starts to boil let it continue until jars are thoroughly sterilized, about twenty minutes to a half hour. Turn out the fire, leaving jars in boiler until ready to use them. Take out a jar at a time to fill.

WATER

Distilled or boiled water should be used for cooking.

TO BOIL OR STERILIZE WATER

Place in clean vessel necessary amount of cold water. Let boil a few minutes; after which remove from the stove, cover, and let get cold.

RUBBER BANDS

Use thick white bands. These should be dipped in hot water and dried as used.

LIDS

Should be perfect, in most cases, new. Cleanse by washing, same as jars. Place on stove in vessel of cold water, let boil, take from boiling water as used. Shake lids in order to get all the water out. Do not dry.

PREPARING VEGETABLES

Beans, peas and carrots should be prepared as for the table.

Beets should be pared like potatoes. If small, leave whole; if large, cut in two or four pieces.

Corn should be cut off the ear.

Tomatoes: Scald, remove skin, and quarter.

String beans should not be cut. Snap or break. Very young beans can be put up whole.

Beans too old to be tender left on the vine until ready to shell, should be put up like peas or lima beans. So prepared they are delicious and afford a good substitute for potatoes.

CORN

Cut from cob. Take jar from boiling water, empty, put into it two tablespoons of corn. Take a large cob from which corn has been cut, press corn in jar with this until milk comes out. Keep putting in the corn and pressing it down in this manner until the jar is full, at which time the corn will be covered with its own milk. Place rubber band and lid on jar, put in boiler and steam the same as other vegetables. Corn will sometimes steam out around the lid; but this does no harm, it can be washed off after lid is screwed tight, just before applying sealing wax.

TOMATOES

Prepare, cook on top of stove from one to two hours, according to amount; after they have cooked some time, season well with salt. Cook the water out. This makes them quite strong, but water can be added before using.

PUTTING VEGETABLES IN JARS

When prepared, wash thoroughly in two or three waters. Take jars from boiler one at a time, as required. Empty the water, and fill immediately with the thoroughly washed vegetables. Put in the salt, then fill the jar with distilled or sterilized water, place rubber band on jar, then the lid. Do not screw too tight—just enough to keep in the steam when boiling.

When all jars are removed from boiler, empty any water which may be left. Place filled jars back in boiler and fill it with cold water, within one inch of the rubber band. Put lid on boiler and steam the required time with just enough fire to keep an even boiling point. Time is counted from the moment the water in boiler begins to boil, not from the time it was put on the stove. When finished, turn out the fire, remove lid from boiler to let out the steam and screw lids as tight as possible while jars are still in the boiler. Lift out one at a time with perfectly sterile tea towels, place on table, screw lids still tighter. When all jars are removed from the boiler go over them again and

again and make sure lids are tight.. Keep rubber band, which the heat has probably softened, well under lid all around so that it does not slip out, while the lid is being screwed. When lids are tight paste with red sealing wax as a further safeguard.

"GOVERNMENT SUGGESTION"

To retain natural color blanching may be added to the process for putting up vegetables.

To blanch: After vegetables are prepared and thoroughly washed, place in cheese cloth. Dip into boiling water for 2 or 3 minutes, then in ice cold water, after which place immediately into hot sterilized jar.

Refer to "Putting Vegetables in Jar."

SEALING WAX

Place in a can red sealing wax, let melt and apply to jar while both are hot. Use an old casement knife for putting on the wax. Seal all around lid, covering both edges of the rubber band and the lid.

BOILER

Regular wash boiler,—new one used only for the purpose. Select one with a tight-fitting lid so as to keep in the steam. Have a wooden rack (slat or lattice) made to fit bottom of boiler.. In this way one can steam from twelve to sixteen jars at a time. It is preferable for this reason to the regular steamer.

PUTTING JARS IN BOILER

Place upon rack in boiler so that they do not touch each other. Otherwise they are likely to crack.

LENGTH OF TIME FOR STEAMING

*Peas, 2 to 2½ hours
*Lima Beans, 2½ to 3 hours
*String beans, 3 hours
*Shelled Beans, 3 hours
**Carrots, 2½ to 3 hours
**Beets, 3 hours
**Corn, 2½ to 3 hours

*¼ teaspoonful of salt to pint jar
**No salt

IMPORTANT

When jars are filled and sealed, do not turn upside down or tip in the least. As far as possible keep contents from coming in contact with lid during process of applying sealing wax, marking, etc.

When finished, wrap jars in paper, still keeping them upright. Put away in cool, dark place.

Please note that vegetables put up in this way are kept pure. No acids or foreign substances being used, except the salt, which is only used in those mentioned.

These recipes have been successfully tried for several years with gratifying results. The writer does not hesitate to recommend them if followed to the letter.

(Mrs. S. A. Pickering)

DRIED CORN

Cook on cob as for table. Cut from cob, spread rather thin on pie, biscuit or cake pans, set in oven which has been previously used and is still hot, but with no fire. It can also be placed on any part of the range where it will dry but not cook. Stir occasionally so that it will dry thoroughly. When perfectly dry place in clean muslin bag. Corn which has been boiled for the table can be utilized in this way.

HOW TO COOK DRIED CORN

Soak 1 cup of corn over night. Place in double boiler, cover with water, cook about 4 hours, season to taste.

Corn soup is made in same manner by adding water, milk or cream. If made without milk or cream, season and thicken to taste. Serve with whipped cream and a sprinkling of pop corn.

A corn pudding may be made with the corn after soup is strained off.

Fruits may be dried in like manner, omitting cooking.

Relishes and Pickles

CHOW CHOW

2 qts. celery stalks cut up
2 qts. cucumbers cut fine
2 qts. small white onions
2 qts. small pickles cut up
2 heads cauliflower broken in small pieces
10 red peppers, take out seeds and cut in fine pieces

Put all above in following brine.

2 cups salt
2 gals. water

Let stand 24 hours. Scald thoroughly in same brine and drain.

Dressing

2 tablespoons Coleman mustard
2 tablespoons tumeric powder
2 cups flour
8 cups brown sugar

Mix with 3 quarts vinegar and scald until smooth. Add the pickle to dressing, red pepper and mustard seed. Seal while hot.

CORN SAUCE

1 doz. ears corn
2 small heads cabbage
2 cups sugar
5 red peppers
2 large bunches celery
5c worth celery seed
5c worth tumeric powder
5c worth mustard seed
½ gal wine vinegar

Salt to taste. Cook until done.

(Mrs. E. V. Babcock)

SPANISH PICKLE

2 doz. large cucumber pickles (just yellow). Scrape out seeds
¼ pk. green tomatoes
3 small heads of cabbage
8 large onions
9 red peppers

Chop all fine. Put in split basket over night to drain, sprinkling with salt. In the morning, put in an iron pot and add:

3 oz. mustard seed
1½ oz. celery seed
3 lbs. brown sugar
1¼ oz. tumeric
½ lb. mustard (Coleman)

Cover thoroughly with vinegar and let cook 4 or 5 hours.

SPICED PICKLE

5 large sour pickles cut in ½-inch slices
2 cups sugar
1 teaspoon whole cloves

Place in glass jar and shake once a day for a week before ready for use.

(Miss Helen Barclay)

CUCUMBER SAUCE

1 doz. large cucumbers
¼ pk. onions
2 oz. mustard seed
1 oz. ground mustard
1 doz. red peppers
1 tablespoon celery seed

Chop the cucumbers and onions fine. Put (alternately) a layer of cucumbers and 1 of onions, salting each. Drain over night with heavy weight to press out the water. In the morning scald in good vinegar, enough to cover them. Add the red peppers chopped fine, mustard, etc., stirring thoroughly, and then add the following sauce:

4 eggs
¾ cup butter
½ cup sugar
½ tablespoon salt
1 tablespoon mustard
Pinch of red pepper
1 cup cream

Cream, butter, sugar and condiments. Then add 4 eggs, 1 at a time. Lastly add 1 cup of cream. Have 1¼ pints of vinegar. Stir all into it, allowing all to come just to the boiling point, then stir this into the hot cucumbers. It is then ready to put into jars.

Do not pare the cucumbers.

(Mrs. H. C. Torrance)

SLICED CUCUMBER PICKLE

50 small cucumbers
¼ lb. small onions
12 small red peppers sliced long
6 tablespoons mustard
4 tablespoons flour
1 cup mustard seed
2 tablespoons tumeric
1 gallon cider vinegar
½ pound brown sugar

Slice cucumbers and put in salt over night. Drain in morning. Boil dressing. Put in cucumbers, onions and peppers and boil until cucumbers are clear.

COLD TOMATO CATSUP

½ peck ripe tomatoes (scald) and remove skins, draining water through a colander.
3 roots of horse-radish grated
6 staiks of celery cut fine
1 cup of onions cut fine
4 or 6 red sweet peppers seeded and cut fine
1 cup sugar
1 cup of mustard seeds
1 small cup salt
1 tablespoon of black pepper
1 tablespoon mace
1 tablespon cloves
3 pts. of vinegar. If too thin do not use all of vinegar

Seal in air tight jars. Ready for use in a few weeks.

(Mrs. H. A. Ross)

TOMATO CATSUP

3 gal. tomatoes, skinned
1 doz. onions
1½ gal. vinegar
1 tablespoon cayenne pepper
1 small half-cup mustard
1 small half-cup salt
2 tablespoons allspice
3½ cups brown sugar or more to taste

Boil tomatoes and onions together until smooth and strain through a sieve. Then boil strained tomatoes and vinegar until thick enough to serve on meats. Add sugar and spices to taste, bottle and seal. This will keep for several years.

(Mrs. Joseph H. Moore)

PEPPER HASH

1 doz. green peppers
1 doz. red peppers
1 doz. medium onions
3 tablespoons salt
2 pints vinegar
2 cups sugar

Chop peppers and onions fine or put through meat chopper. Cover with boiling water, let stand 10 minutes, drain, cover again, let come to boil, let stand 10 minutes, drain dry. Then add other ingredients. Cook 15 minutes and pack in small jars. (Mrs. W. L. Davis)

CHOPPED PICKLE

½ pk. green tomatoes chopped fine
1 medium head cabbage chopped fine
1 doz. large cucumbers, chopped fine
10 large onions, chopped fine

Put in stone jar together with 1 large cup of salt. Cover with equal parts vinegar and water. Let stand over night, then drain all liquid and put back in jar. Then add:

10 large sweet peppers (chopped seeds and all)
2 lb. granulated sugar
4 oz. mustard seed
4 oz. celery seed

Cover with good cider vinegar. It is ready for use the next day. (Mrs. James P. Silliman)

HOME MADE VINEGAR

3 gal. water
3 lbs. brown sugar
2 cakes yeast
3 pieces toast

Heat 1 gallon of water and sugar together until sugar is dissolved, then add the remaining 2 gallons of water and cool. Take the 3 pieces of toast and spread the yeast over them, then put the toast in the mixture and set away for 6 weeks, then use. Particularly good for salads.

CHILI SAUCE

½ pk. tomatoes
3 large onions
4 large sweet peppers
3 cups sugar
4 cups vinegar
½ teaspoon cloves
½ teaspoon mace
½ teaspoon cinnamon
½ teaspoon allspice
½ teaspoon red pepper
2 tablespoons salt

Scald tomatoes, skin and quarter. Grind onions and peppers. Boil tomatoes, onions, peppers, sugar, salt and vinegar for 1 hour. Add spices and boil 1 hour or more until water does not collect around edges.

(Mrs. H. A. Ross)

MIXED PICKLES IN MUSTARD DRESSING

6 qts. cucumber, small ones, whole large, large ones, cut in dice
6 qts. cauliflower cut in good sized pieces
1 qt. lima beans
1 qt. small onions
1 qt. string beans
1 qt. carrots cut in halves, quarters and dice
5 large red peppers
5 green peppers
A few nasturtium seeds

A tiny ear of corn or any desired vegetable may be added.

Prepare vegetables with care, separately. Put each in salt water over night. Drain and rinse in cold water. Scald the cucumbers in ⅓ vinegar and ⅔ water, to which has been added ¼ teaspoon powdered alum or a small piece of alum. The other vegetables should be cooked separately in weakened vinegar until easily pierced with a fork. They must not be too soft.

Mustard Dressing

2 cups sugar
2 tablespoons salt
2½ cups Coleman's mustard
5 qts. vinegar
1 cup flour
1 qt. water
2 oz. whole mixed spices
tumeric

Mix sugar, salt and mustard into smooth paste with a little vinegar. Strain mixture through sieve into the cold vinegar. Stir on top of stove until it boils. Mix flour and water very smooth. Stir into the vinegar mixture till consistency of heavy cream, add tumeric until a golden color.

Put all the drained vegetables into a large vessel. Add spices. Pour mustard dressing over them. Set on stove and heat. Keep off bottom of vessel, but do not mash the vegetables. Put in hot jars and seal.

Pickles of cauliflower may be put up in like manner.

(Mrs. Edwin D. Witt Adams)

SLICED CUCUMBERS

1 cup olive oil
½ cup mustard seed
1 tablespoon celery seed
1 tablespoon whole pepper

Select medium sized solid cucumbers. Pare and slice thin. Sprinkle with salt, let stand over night, then drain and put in sterilized jars. Cover them with strong cold cider vinegar, leaving a little space in jar to be filled with above mixture. Place 1 tablespoon of mixture in each jar. This serves as a seal as well as a dressing. Serve with fish.

Use perfectly fresh cucumbers.

(Mrs. S. A. Pickering)

PICKLED ONIONS

Prepare small white onions. Place in bowl, sprinkle a little salt over each layer of onion. Add a small amount of water, let stand over night. Drain, wash off with cold water. Cook in weakened vinegar to which has been added a lump of alum the size of a pea. Lift out with strainer and put into jars. Place 2 small red peppers in each jar, pour over all hot strong white vinegar spiced with ginger, mustard seed, etc. Use only whole white spices.

COLD CUCUMBER PICKLES

1 gallon of vinegar
1 cup sugar (brown is best)
1 cup salt
1 cup Coleman's mustard

Wash cucumbers in cold water, pack in jars. Spices may be added and fresh Dill if desired. Mix dry ingredients and vinegar together until smooth and pour over cucumbers. Keeps indefinitely. (Mrs. W. L. Davis)

Miscellaneous

SUET (Rendered for Frying)

3 lbs. kidney suet 2 cups boiling water

Cut suet into small pieces, put in large frying pan, add water. Cover and let boil slowly until it stops bubbling and begins to smoke, then place over a very slow fire for about 15 minutes. Strain in a kettle through several thicknesses of cheese cloth, stand away until wanted for use. This is better than lard for all deep frying as well as sauteing.

(Mrs. D. L. Gillespie)

BUTTER

1 pt. milk 1 lb. of diced butter

Place in churn, put on the top and let stand in luke warm water 5 minutes or until mixture feels slightly warm to the hand. Remove churn from the water and churn about 3 minutes. This makes 2 pounds of sweet butter.

If you prefer, salt may be added.

(Mrs. W. C. Carroll)

PACKING BUTTER FOR WINTER USE

Buy best creamery butter in early September. Knead about a pound or two at a time as you would bread in a wooden bowl, pouring water off as it is worked out. After all has been taken out pack a pound or pound and a half as you wish, in old muslin cloths about 12 inches square, putting butter in center, turning up opposite corners, being careful that butter is well covered. After all has been packed in cloths, make a salt brine strong enough to float an egg, of table salt and ice water. Then put an old plate on bottom of stone crock. Pack your squares of butter. Then a plate on top with a heavy stone on it. Then pour the salt brine over all and keep in cool place, well covered. Change brine every four weeks.

(Mrs. H. A. Ross)

PACKING EGGS FOR WINTER USE—No. 1

½ pt. coarse salt 8 qts. of sterilized water
½ fresh slacked lime

Mix the ingredients the day before, stirring occasionally so that the lime and salt are dissolved. Place a plate, bottom side up, on bottom of an 8 gallon stone crock and drop eggs as you wish, or all at a time, keeping well covered. This will take care of 15 dozens.

No. 2

One quart of silicate of soda or water glass, nine quarts of sterilized water.

Mix and stir thoroughly before dropping eggs in crock, point down. Keep well covered. This will take care of 15 dozens in an 8 gallon crock. Any egg floating on top should be taken out as it is not absolutely fresh, and will not keep.

BAKING POWDER

1 lb. corn starch
1 lb. cream of tartar
1 lb. soda

Sift 25 times through flour sifter. Keep air tight.

(Mrs. C. I. McKee)

SILVER CLEANER

Use an enameled or granite pan with inner surface without a flaw exposing the metal, and of a size suitable for the silver to be cleaned in it.

Have a piece of pure zinc large enough to cover, or nearly cover, the bottom of the pan. To every 4 quarts of clear water add 3 tablespoons each of salt and of baking soda.

Let this solution become hot and then lay in the silver, allowing it to remain about 10 minutes. Take out, rinse in clear water, and wipe with a soft towel.

If the water is not deep enough to cover the large pieces they can be laid on one side for a few minutes, and then the other side submerged.

(Mrs. H. C. Newcomer)

BRASS POLISH

5c worth tripoli
5c worth oxalic acid
1 qt. cold water

Place in a quart bottle and shake. Apply with flannel cloth.

WHITE SOAP—No. 1

Put 5 pounds of fat into large kettle with a gallon of water. Heat until grease is entirely melted. Set aside until cold, when grease will be hard. Take the grease cake from top of water, scrape off any brown particles, place into kettle to melt. Into a granite pan put 3 cups of cold water and stir into this 1 can Red Seal or Babbitt's Lye. Stir with wooden spoon until dissolved. Remove grease from fire and pour slowly into the lye water, stirring constantly. Add 2 tablespoons ammonia and 2 tablespoons powdered borax. Stir mixture constantly until it begins to set about as thick as honey. Pour into pan lined with several thicknesses of wet paper. Cut into cakes when hard enough.

This makes 12 cakes. Keep for a month or longer before using.

WHITE SOAP—No. 2

5 lbs. clarified fat
1½ qts. cold water
1 can lye
1½ teaspoon borax
½ cup ammonia

TOILET SOAP

1 lb. cottonseed oil
¾ lb. white lard
10 teaspoons lye
10 drops lavender and oil of geranium

Melt lard in oil, add lye, and when cool, add the scent. Stir constantly to make soap smooth.

MAKE SOAP OF FAT UNFIT FOR COOKING

Use lye made by letting water drip slowly through wood ashes, or buy lye in cans. Use porcelain or enamel dish. Dissolve 1 can lye in 1 quart cold water. Melt 5 pounds fat in separate dish. Strain through 2 thicknesses of cheese cloth. Cool till luke warm. Add dissolved, cooled lye. Stir until mixture is like porridge. Pour quickly into shallow pasteboard boxes or dripping pan. When cool, crease into cakes. Cut when nearly cold.

DON'T WASTE ANY SOAP

Save pieces of soap too small to handle, melt them in a little water over a slow fire, use in washing dishes or boiling clothes.

Put all bits of soap into a cheese cloth bag. It can be used like a cake of soap.

A little salt rubbed on the cups will take out tea stains.

When fish are fresh the skin and scales will be bright, the eyes full and clear, the fins stiff, and the body firm.

When making juicy fruit or berry pies, insert in the top crust a small funnel of paper, or a piece of macaroni, which allows the steam to escape and prevents the juice boiling over.

Berry and fruit stains can be removed easily by holding the cloth tightly over the top of a bowl and pouring boiling water very slowly through the stains. Remove grease stains by saturating the spots with alcohol rather than benzine. Alcohol does not leave a ring around the spot when dry. Wash with cold water.

To remove ink stains from the fingers moisten them with warm water, then rub the sulphur end of a match well over the stains and they will disappear.

White spots on a varnished surface will disappear if a hot flat iron is held over them for a second.

To clean wire screens dampen a cotton cloth with kerosene and rub on both sides. They will look like new and it also helps to keep the flies away.

If you wish to keep your desserts right on the ice, place a newspaper over the ice, and the dishes will not slip off or tip over.

Lemons that have become hard from long standing can be made usable by covering them with boiling water for a few minutes.

Heat a lemon thoroughly before squeezing it and you will secure nearly double the quantity of juice that you would if it were not heated.

Apples will not turn black when pared if dropped into water to which has been added a few drops of lemon juice.

Remember when putting meat in the ice chest not to place it against the ice, as ice draws the flavor from meat.

A few drops of lemon juice or vinegar added to the water in which cauliflower is to be cooked will greatly preserve its whiteness.

To hasten the baking of potatoes let them stand a few minutes in warm water after washing them.

If by mistake you get the soup too salty add a few slices of raw potatoes and cook a few minutes. The potatoes will take up much of the surplus salt. Small pieces of toasted bread will also have the same effect.

A few drops of lemon juice makes cake frosting white, and a little flour put over the top of a cake will prevent the icing from running.

Meringue should be browned in a slow oven, otherwise it will fall when exposed to the air.

When frying chickens or fish, to avoid the grease spattering, sift in a tiny lot of flour just before putting them in.

A bit of sugar dissolved in the water in which cut flowers are kept is an English way of keeping the blossoms fresh.

RULES FOR SUBSTITUTION

The Food Administration of Allegheny County suggests the following general rules for use by those persons who wish to adapt the standard recipes to war time conditions by substituting for the food elements which are desired for export the substitutes recommended by the Food Administration. These substitutes fall in three general classes.

(1) Corn syrup, molasses or soft sugars instead of granulated sugar.

(2) Vegetable fats instead of butter or lard.

(3) Cereal substitute flours and meals instead of wheat flour.

(1) In substituting for granulated sugar in standard recipes, corn syrup may be substituted for one-half of the granulated sugar by measure, reducing the other liquids in the recipe by ¼ to ½ of the amount of corn syrup used. If syrup is used to furnish all the sweetening, it makes an undesirably heavy product. Raisins, citron and other fruits can be used to furnish a portion of the sweetness. In using molasses and maple syrup, follow the same rule.

Soft light brown sugars may of course be used in the place of the granulated sugar in equal measure, making a slight allowance for the small liquid content in the soft sugars.

(2) Vegetable fats may be substituted for butter in biscuits and muffins in the proportion of one to two tablespoons of vegetable oil or hardened vegetable fats for each ¼ cup of butter. In substituting for lard, use an equal quantity of vegetable oil or hardened vegetable fats.

(3) With some care and thought the various flour and cereal substitutes may be substituted for a large portion of the flour in the standard recipes. (Instead of endeavoring to change bread recipes, tested bread recipes containing the proper mixtures should be secured. A higher percentage of the substitutes can properly be used in "Quick Breads," particularly where eggs are used. In baking, the gluten in wheat hardens and makes the mass porous. To a certain extent, eggs in "Quick Breads," where substitutes are used for wheat, accomplish the same object.)

Substitute cereal flours and meals may be substituted successfully, pound for pound, for most of the wheat flour in "Quick Bread" recipes, such as muffins, biscuits, griddle cakes, waffles, etc. As the housewife does not make her recipes by weight, however, but by measure, it is necessary to indicate the amount by measure of the cereal flours and meals which should be used. The following is an illustration of the proper proportion of substitution in a standard recipe calling for two cups of wheat flour.

INSTEAD OF TWO (2) CUPS OF WHEAT FLOUR USE

(1) Barley muffins—½ cup wheat flour, 2¼ cups barley flour.

(2) Buckwheat muffins—½ cup wheat flour, 1¼ cups buckwheat flour.

(3) Corn muffins—½ cup wheat flour, 1½ cups corn flour.

(4) Cornmeal muffins—½ cup wheat flour, 1½ cups cornmeal (fine)
Cornmeal muffins—½ cup wheat flour, 1⅓ cups cornmeal (coarse)

(5) Rice muffins—½ cup wheat flour, 1⅓ cups rice meal (coarse)

The important thing is to observe the varying proportions of the different flours and meals.

Note that the amount of wheat flour plus the amount of substitute flour does not always equal the two cups of wheat flour in the Standard recipe on account of the varying weights per cup of the suggested substitutes.

If it is desired to use cooked cereals in making muffins, griddle cakes or waffles, it would be best to follow the recipes in any standard cook book with the proper substitution suggested above for butter and sugar.

UNITED STATES FOOD ADMINISTRATION

for Allegheny County.

WEIGHTS AND MEASURES

16	drams	1 ounce
16	ounces	1 pound
1	teaspoon	60 drops
3	teaspoons	1 tablespoon
4	tablespoons...1 wine glass, ½ gill or ¼	cup
4	salt spoons	1 teaspoon
16	tablespoons	1 cup
2	gills	1 cup
2	cups	1 pint
2	pints	1 quart
4	quarts	1 gallon
2	tablespoons Crisco	1 ounce
1	tablespoon butter	1 ounce
2	tablespoons salt	1 ounce
4	tablespoons pepper	1 ounce
2	tablespoons sugar	1 ounce
4	tablespoons flour	1 ounce
2	tablespoons liquid	1 ounce
1	square chocolate	1 ounce
3	tablespoons grated chocolate	1 ounce
⅓	cup chopped nuts (blanched)	1 ounce
1	cup currants	¼ pound
1	cup crumbs	¼ pound
4⅓	cups coffee	1 pound
3½	cups confectioners' sugar	1 pound
4½	cups graham flour	1 pound
2⅔	cups oatmeal	1 pound
5	cups rolled oats	1 pound
4⅓	cups rye meal	1 pound
1⅞	cups rice	1 pound
2⅓	cups dry beans	1 pound
2	cups granulated sugar	1 pound
2⅔	cups brown sugar	1 pound
2⅔	cups powdered sugar	1 pound
1	cup (volume)	8 ounces
1	cup water	8⅓ ounces
1	pint butter	1 pound
1	quart flour	1 pound
9	medium or 10 small eggs	1 pound
4½	teaspoons cinnamon	1 ounce
4	tablespoons cloves	1 ounce
4	tablespoons mace	1 ounce
4	tablespoons mustard	1 ounce
2	tablespoons olive oil	1 ounce
¼	cup chopped suet	1 ounce

TABLE OF PROPORTIONS

1	cup liquid to 3 cups flour for bread
1	cup liquid to 2 cups flour for muffins
1	cup liquid to 1 cup flour for batters
1	teaspoon soda to 1 pint sour milk
1	teaspoon soda to 1 cup molasses
¼	teaspoon salt to 4 cups custard
2	teaspoons salt to 4 cups water
¼	teaspoon salt to 1 cup white sauce
⅛	teaspoon pepper to 1 cup white sauce
2	heaping teaspoons baking powder to 1 quart flour

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